

October PAL Exercise 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All programs are located in the Seniors' Centre, unless indicated.</p> <p>Questions – Call <u>8017</u> to reach Amelie or Melissa</p>		<p>1</p> <p>10:00 Sign-Ups (MHR) 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>2</p> <p>2:30 Level 2 3:30 Level 1</p>	<p>3</p> <p>2:00 Balance 3:30 Level 1</p>	<p>4</p> <p>10:30 Men's Strength Training 3:30 Level 1</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>11:00 Drum Fit 2:00 Reactive Training 3:30 Level 1</p>	<p>8</p> <p>10:30 Exercise Foundations 1:30 Wheelchair/Walker Repair (FSL) 3:00 Seated Boxing 3:30 Level 1</p>	<p>9</p> <p>10:30 Exercise Circuit 2:30 Wheelchair Basketball Competition 3:30 Level 1</p>	<p>10</p> <p>3:30 Level 1</p>	<p>11</p> <p>2:30 Seated Pilates 3:30 Level 1</p>	<p>12</p> <p>10:00 Level 2</p>
<p>13</p> <p>2:30 Balance</p>	<p>14</p> <p>11:00 Hand Therapy (SH) 3:00 Stretch/Strength</p>	<p>15</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>16</p> <p>2:30 Level 2 3:30 Level 1 4:30 Cleaning Clinic for walkers/wheelchairs in SC</p>	<p>17</p> <p>10:15 Swim Fit (Sign-Up) 2:00 Balance 3:30 Level 1</p>	<p>18</p> <p>10:30 Men's Strength Training 3:30 Level 1</p>	<p>19</p> <p>10:00 Level 2</p>
<p>20</p> <p>2:30 Balance</p>	<p>21</p> <p>10:30 Hand Therapy (SH) 2:30 Stretch/Strength 3:30 Level 1</p>	<p>22</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>23</p> <p>2:30 Level 2 3:30 Level 1</p>	<p>24</p> <p>2:00/2:30 Walking Balance (Sign-up) 3:30 Level 1</p>	<p>25</p> <p>10:30 Men's Strength Training 3:30 Level 1</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>10:30 Hand Therapy (SH) 2:30 Halloween Themed Walk 3:30 Level 1</p>	<p>29</p> <p>10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>30</p> <p>2:30 Level 2 3:30 Level 1</p>	<p>31</p> <p>10:15 Swim Fit (Sign-Up) 2:00 Balance 3:30 Level 1</p>	<p>Active Aging Week October 7-11th</p>	

