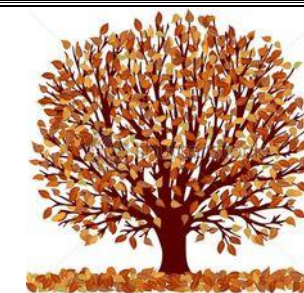




November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXERCISE LOCATIONS F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL C = CAFÉ		As a reminder, <i>please always check the daily poster boards</i> on Main Street for any changes to the schedule/room location. Sign-up is not required to attend any PAL Programs			1 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	2 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) <i>Melanie Off</i>
3 10 AM – Morning Stretching w/ Bhav (F) 11 AM – Falls Prevention Jeopardy (Hobby Shop) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	4 <u>NO PAL PROGRAMS TODAY</u> <i>Melanie and Bhav Off</i>	5 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	6 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – Nordic Poles w/ Melanie (T) 4:15 PM – Stretching w/ Bhav (B)	7 10 AM – Sit & Be Fit w/ Bhav (B) 11 AM – Fit on your feet w/ Melanie (B) 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)	8 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	9 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F) <i>Bhav Off</i>
10 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Bhav Off</i>	11 Remembrance Day 10 AM – Sit & Be Fit w/ Melanie (F) 4 PM – Nordic Poles w/ Melanie (T) <i>Bhav Off</i>	12 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	13 10 AM – Sit & Be Fit w/ Bhav (B) 11 AM – Sit & Be Fit w/ Bhav (B) 4 PM – Nordic Poles w/ Melanie (T) 4:15 PM – Stretching w/ Bhav (B)	14 No Morning Classes Bazaar Preparation 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (B)	15 10 AM – Sit & Be Fit w/ Bhav (B) 11 AM – Sit & Be Fit w/ Bhav (B) 4:15 PM – Balance w/ Bhav (B) <i>Melanie Off</i>	16 Christmas Bazaar <u>NO PAL PROGRAMS TODAY</u>
17 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i>	18 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on Your Feet w/Melanie (F) 4 PM – Nordic Poles w/ Melanie (T) <i>Bhav Off</i>	19 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	20 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – Chair Dancing (B)	21 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)	22 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	23 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F) <i>Bhav Off</i>
24 10 AM – Morning Stretching w/ Melanie (F) 11 AM – Falls Prevention Trivia (Hobby Shop) 4:15 PM – Strength & Conditioning w/ Melanie (B) <i>Bhav Off</i>	25 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Nordic Poles w/ Melanie (T) <i>Bhav Off</i>	26 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	27 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4 PM – Nordic Poles w/ Melanie (T) 4:15 PM – Stretching w/ Bhav (F)	28 No Morning Classes 1:30 PM – Williamsburg East Exercise 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)	29 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i>	30 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) <i>Melanie Off</i>

Retirement PAL Team CONTACT INFO: ext. 1887
 Melanie Dimitrovski (PAL Coordinator)
 Bhav Mistry (PAL Coordinator)

Programs written in *ITALICS* are **outdoors** and therefore **weather dependent**.