



# December

# 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Retirement PAL Team CONTACT INFO: ext. 1887</b> Melanie Dimitrovski (PAL Coordinator) Bhav Mistry (PAL Coordinator)			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			
<b>1</b> 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B)  <i>Melanie Off</i>	<b>2</b> <u>NO PAL PROGRAMS TODAY</u>  <i>Melanie and Bhav Off</i>	<b>3</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – w/ Melanie (F) 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	<b>4</b> <u>NO PAL PROGRAMS TODAY</u>	<b>5</b> 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)	<b>6</b> 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>	<b>7</b> 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F)
<b>8</b> 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)  <i>Bhav Off</i>	<b>9</b> 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Nordic Poles w/ Melanie (T)	<b>10</b> <u>NO PAL PROGRAMS TODAY</u>	<b>11</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 4:15 PM – Balance w/ Bhav (F)	<b>12</b> 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)	<b>13</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (B)  <i>Melanie Off</i>	<b>14</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F)
<b>15</b> 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B)  <i>Melanie Off</i>	<b>16</b> 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Morning Stretching w/ Melanie (F) 4 PM – Nordic Poles w/ Melanie (T)	<b>17</b> <u>NO PAL PROGRAMS TODAY</u>  <i>Melanie and Bhav Offsite</i>	<b>18</b> <u>NO PAL PROGRAMS TODAY</u>	<b>19</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) 4:15 PM – Yoga/Tai Chi w/ Bhav (F)  <i>Melanie Off</i>	<b>20</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F)	<b>21</b> 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F)
<b>22</b> 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)  <i>Bhav Off</i>	<b>23</b> <u>NO PAL PROGRAMS TODAY</u>  <i>Bhav Off</i>	<b>24</b> <b>Christmas Eve</b> 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Sit and Be Fit w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)	<b>25</b> <b>Christmas Day</b> <u>NO PAL PROGRAMS TODAY</u>  <i>Melanie and Bhav Off</i>	<b>26</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) 1:30 PM – Williamsburg East Exercise 4:15 PM – Yoga/Tai Chi w/ Bhav (F)  <i>Melanie Off</i>	<b>27</b> 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>	<b>28</b> 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F)
<b>29</b> 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B)  <i>Melanie Off</i>	<b>30</b> <u>NO PAL PROGRAMS TODAY</u>  <i>Melanie and Bhav Off</i>	<b>31</b> <u>NO PAL PROGRAMS TODAY</u>  <i>Bhav and Melanie Off</i>	<b>EXERCISE LOCATIONS</b> F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL C = CAFÉ		Programs written in <i>ITALICS</i> are <i>outdoors</i> and therefore <i>weather dependent</i> .	