

# November PAL Exercise 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>November is Fall Prevention Awareness Month – Balance Obstacle Course Nov 25<sup>th</sup></b>  <b><u>Please note:</u> Level 1 classes are taught by an outside instructor and may change without notice</b>            All programs are located in the Seniors' Centre, unless indicated.</p> <p><b>Questions – Call <u>8017</u> to reach Amelie or Melissa</b></p>					1 10:00 Sign-Ups (MHR) 10:30 Men's Strength Training 3:30 Level 1	2 10:00 Level 2
3 2:30 Balance	4 <b>10:15 Swim Fit (sign-up)</b> 2:30 Stretch/Strength 3:30 Level 1	5 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) <b>2:30</b> Chair Yoga 3:30 Level 1	6 2:30 Level 2 3:30 Level 1	7 <b>10:30 Hand Therapy (SH)</b> <b>2/2:30 Walking Balance (sign-up)</b> 3:30 Level 1	8 10:30 Men's Strength Training 3:30 Level 1	9 10:00 Level 2
10 2:30 Balance	11 <i>Remembrance Day</i> 2:30 Stretch/Strength 3:30 Level 1	12 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) <b>2:30</b> Chair Yoga 3:30 Level 1	13 2:30 Level 2 3:30 Level 1	14 <b>10:30 Hand Therapy (SH)</b> 2:00 Balance 3:30 Level 1	15 10:30 Men's Strength Training 3:30 Level 1	16
17	18 <b>10:15 Swim Fit (sign-up)</b> 2:30 Stretch/Strength 3:30 Level 1	19 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) <b>2:30</b> Chair Yoga 3:30 Level 1	20 <b>2:00</b> Level 2 3:30 Level 1	21 <b>10:30 Hand Therapy (SC)</b> 2:00 Balance 3:30 Level 1	22 10:30 Men's Strength Training 3:30 Level 1	23 10:00 Level 2
24 2:30 Balance	25 <b>2:30 Fall Prevention Obstacle Course (TH)</b> 3:30 Level 1	26 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) <b>2:30</b> Chair Yoga 3:30 Level 1	27 2:30 Level 2 3:30 Level 1	28 <b>10:30 Hand Therapy (SH)</b> 2:00 Balance 3:30 Level 1	29 10:30 Men's Strength Training 3:30 Level 1	30 10:00 Level 2