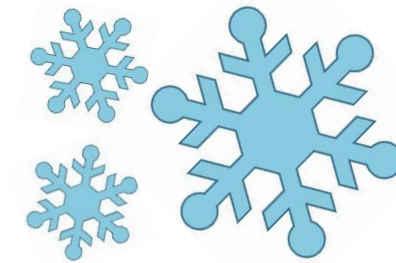




JANUARY

2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">EXERCISE LOCATIONS F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL C = CAFÉ</p>			<p align="center">1 NEW YEARS DAY <u>NO PAL PROGRAMS TODAY</u> <i>Melanie and Bhav Off</i></p>	<p align="center">2 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 – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i></p>	<p align="center">3 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></p>	<p align="center">4 <u>NO PAL PROGRAMS TODAY</u> <i>Melanie and Bhav Off</i></p>
<p align="center">5 <u>NO PAL PROGRAMS TODAY</u> <i>Melanie and Bhav Off</i></p>	<p align="center">6 <u>NO PAL PROGRAMS TODAY</u> <i>Melanie and Bhav Off</i></p>	<p align="center">7 10 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Yoga/Tai Chi w/ Bhav (F) <i>Melanie Off</i></p>	<p align="center">8 10 AM – Sit & Be Fit w/ Bhav (F) 4:15 PM – Balance w/ Bhav (F) <i>Melanie Off</i></p>	<p align="center">9 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i></p>	<p align="center">10 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></p>	<p align="center">11 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) <i>Melanie Off</i></p>
<p align="center">12 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i></p>	<p align="center">13 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></p>	<p align="center">14 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) <i>Melanie Off</i></p>	<p align="center">15 10 AM – Sit & Be Fit w/ Bhav (F) 10:30 – New Year Goal Setting (F) 11 AM – Sit & Be Fit w/ Melanie (F) 3:00 PM Drop-in Fitness Stations (B) 4:15 PM – Balance w/ Bhav (F)</p>	<p align="center">16 9:30 AM – Swimming (T) 4:15 PM – Strength & Conditioning w/ Melanie (B) 4:15 PM– Yoga/Tai Chi w/ Bhav (F)</p>	<p align="center">17 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></p>	<p align="center">18 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on your feet w/ Melanie (F) <i>Bhav Off</i></p>
<p align="center">19 10 AM – Morning Stretching w/ Melanie (F) 4:15 PM – Strength & Conditioning w/ Melanie (B) <i>Bhav Off</i></p>	<p align="center">20 10 AM – Sit & Be Fit w/ Melanie (F) 11 AM – Fit on Your Feet w/Melanie (F) <i>Bhav Off</i></p>	<p align="center">21 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 2:35 – Balance Bars* 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)</p>	<p align="center">22 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 3:00 PM Drop-in Fitness Stations (B) 4:15 PM – Balance w/ Bhav (F)</p>	<p align="center">23 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)</p>	<p align="center">24 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></p>	<p align="center">25 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Fit on your feet w/ Bhav (F) <i>Melanie Off</i></p>
<p align="center">26 10 AM – Morning Stretching w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Bhav (B) <i>Melanie Off</i></p>	<p align="center">27 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></p>	<p align="center">28 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 2:35 – Balance Bars* 4:15 PM – Yoga/Tai Chi w/ Bhav (F) 4:15 PM – Strength & Conditioning w/ Melanie (B)</p>	<p align="center">29 10 AM – Sit & Be Fit w/ Bhav (F) 11 AM – Sit & Be Fit w/ Melanie (F) 3:00 PM Drop-in Fitness Stations (B) 4:15 PM – Balance w/ Bhav (F)</p>	<p align="center">30 9:30 AM – Swimming (T) 10 AM – Sit & Be Fit w/ Melanie (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)</p>	<p align="center">31 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></p>	

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

As a reminder, ***please always check the daily poster boards*** on Main Street for any changes to the schedule/room location.
 *Sign-up is required for Balance Bars Class. Please Speak to PAL team if interested.

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