

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH

Program for Active Living

<p>2</p>	<p>3 10:30 Exercise Circuit - SC 3:00 Stretch and Strengthen - SC 3:30 Level 1 - SC</p>	<p>4 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair Clinic - FSL 2:00 Chair Yoga - SC</p>	<p>5 10:30 Drum Fit - SC 2:30 Level 2 - SC 3:30 Level 1 with Amelie - SC</p>	<p>6 10:30 Hand Therapy -SH 2:00 Balance - SC</p>	<p>7 10:30 Men's Strength Training - SC 2:00 Hockey Shootout Practice - SC 3:30 Level 1 - SC</p>	<p>8 10:00 Level 2 - SC</p>
<p>9 2:30 Balance - SC</p>	<p>10 3:00 Stretch and Strengthen - SC 3:30 Level 1 - SC</p>	<p>11 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair Clinic - FSL 2:00 Chair Yoga - SC</p>	<p>12 10:30 Drum-Fit - SC 2:30 Level 2 - SC 3:30 Level 1 with Ryan - SC</p>	<p>13 10:30 Hand Therapy -SH 2:00 Balance - SC</p>	<p>14 10:30 Men's Strength Training - SC 2:00 Hockey Shootout Practice - SC 3:30 Level 1 - SC</p>	<p>15 10:00 Level 2 - SC</p>
<p>16 2:30 Balance - SC</p>	<p>17 10:15 Swim - O 3:00 Stretch and Strengthen - SC 3:30 Level 1 - SC</p>	<p>18 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair Clinic - FSL 2:00 Chair Yoga - SC</p>	<p>19 10:30 Drum Fit - SC 2:30 Level 2 - SC 3:30 Level 1 with Ryan - SC</p>	<p>20 10:30 Hand Therapy -SH 2:00 Balance - SC</p>	<p>21 10:30 Men's Strength Training - SC 2:00 Hockey Shootout Practice - SC 3:30 Level 1 - SC</p>	<p>22</p>
<p>23</p>	<p>24 3:00 Stretch and Strengthen - SC 3:30 Level 1 with Ryan - SC</p>	<p>25 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair Clinic - FSL 2:00 Chair Yoga - SC</p>	<p>26 Rest Day</p>	<p>27 10:30 Hand Therapy -SH 2:00 Balance - SC</p>	<p>28 10:30 Men's Strength Training - SC 11:00 Hockey Competition - SC 3:30 Level 1 with Ryan - SC</p>	<p>29 10:00 Level 2 - SC</p>
<p>30 2:30 Balance - SC</p>	<p>31 10:15 Swim - O 3:00 Stretch and Strengthen - SC 3:30 Level 1 with Ryan - SC</p>	<p>Legend SH—School House SC—Seniors' Centre FSL—Fireside Lounge O—Offsite</p> <p>Join us for our Hockey Shootout Competition March 28th! Practices occur every Friday leading up to competition day Questions? – Call 8017 to reach Amelie or Melissa</p> 				