

APRIL

Program for Active Living

*Please Always check the daily poster boards on Main Street for any changes to the schedule

F— Florence Meares
Seniors Center
T—Town Hall
B – Basement
C— Cafe
H - Hobby Shop

PAL Coordinators (Ext. 1887)
Melanie Dimitrovski, R.Kin
Bhavini Mistry



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	2 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	3 10:00 Sit and Be Fit (F) 10:45 Parkinson's Awareness Exercise and Education (T) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	4 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	5 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
6 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	7 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	8 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	9 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	10 9:30 Swimming (Sign Up) 10:00 Sit and Be Fit (F) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	11 Rest Day	12 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
13 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	14 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	15 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	16 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	17 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 1:30 Williamsburg Exercise 4:00 Strength and Conditioning (B)	18 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	19 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
20 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	21 10:00 Sit and Be Fit (F) 4:00 Nordic Poles (T)	22 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	23 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	24 9:30 Swimming (Sign Up) 10:00 Sit and Be Fit (F) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	25 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	26 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
27 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	28 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	29 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	30 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	National Volunteer Week April 27–May 3 We our volunteers		