

APRIL

Program for Active Living

Legend

SC - Seniors' Center
 SH - Schoolhouse
 FSL - Fireside Lounge
 TH - Town Hall
 O - Outside
 Questions? Call 8017 to reach Melissa or Amelie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Women's Fitness - SC 1:30 Wheelchair/walker Repairs - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	2 2:30 Level 2 - SC 3:30 Level 1 - SC	3 10:30 Hand Therapy -SH 2:00 Balance - SC 3:30 Level 1 - SC	4 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	5 10:00 Level 2 - SC
6 2:30 Balance - SC	7 10:00 Exercise Bingo - TH 10:15 Swim (sign-up) - O 3:00 Stretch and Strengthen - SC	8 10:30 Women's Fitness - SC 1:30 Wheelchair/walker Repairs - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	9 2:30 Level 2 - SC 3:30 Level 1 - SC 4pm-7pm Walker/ Wheelchair Cleaning Clinic - SC	10 10:30 Hand Therapy -SC 2:00 Balance - SC 3:30 Level 1 - SC	11 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	12
13	14 10:15 Swim (sign-up) - O 2:30 Relay Race - TH	15 10:30 Women's Fitness - SC 1:30 Wheelchair/walker Repairs - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	16 10:30 Boxing - SC 2:30 Level 2 - SC 3:30 Level 1 - SC	17 10:30 Hand Therapy -SH 2:00 Balance - SC 3:30 Level 1 - SC	18 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	19 10:00 Level 2 - SC
20 2:30 Balance - SC	21 3:00 Stretch and Strengthen - SC	22 10:30 Women's Fitness - SC 1:30 Wheelchair/walker Repairs - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	23 10:30 Boxing - SC 2:30 Level 2 - SC 3:30 Level 1 - SC	24 3:30 Level 1 - SC	25 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	26 10:00 Level 2 - SC
27 2:30 Balance - SC	28 3:00 Stretch and Strengthen - SC	29 10:30 Women's Fitness - SC 1:30 Wheelchair/walker Repairs - FSL 2:00 Chair yoga - SC 3:30 Level 1 - SC	30 2:30 Level 2 - SC 3:30 Level 1 - SC	<div data-bbox="1771 1653 3014 1955"> <p>National Volunteer Week April 27-May 3</p> <p>We our volunteers</p> </div>		