

MAY

Program for Active Living

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

Legend

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

PAL Coordinators (Ext. 1887)

Bhavini Mistry
Ben Weiler

Melanie Dimitrovski, R.Kin



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 We are CAREGIVERS Caregivers' Week: May 12-18				1 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	2 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	3 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
4 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	5 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	6 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)	7 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	8 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)	9 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	10 Rest Day
11 Rest Day	12 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	13 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)	14 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	15 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Strength and Conditioning (B)	16 10:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	17 Rest Day
18 Rest Day	19 Rest Day	20 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F))	21 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	22 Rest Day	23 Rest Day	24 Rest Day
25 Rest Day	26 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	27 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)	28 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	29 9:30 Swimming (Sign Up) 4:00 Yoga/Tai Chi (F) 4:00 Strength and Conditioning (B)	30 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	31 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)