

MAY

Neighbourhood Name

Legend

E - Eby
N&T - Newberry & Trussler
Str- Strasburg
A - Aberdeen
R - Roseville

K - Kingsdale
S - Sandhills
W - Waldau
H - Haysville

Michael T Sharratt
program for
active living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We are CAREGIVERS				1 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	2 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A 3:30: Fun and Fitness-W	3
4	5 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- E 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	6 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	7 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	8 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	9 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - Str 3:30: Fun and Fitness-W	10
11	12 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- H 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	13 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	14 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	15 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	16 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - K 3:30: Fun and Fitness-W	17
18	19 VICTORIA DAY!!!	20 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	21 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	22 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	23 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A 3:30: Fun and Fitness-W	24
25	26 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- N&T 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	27 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	28 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	29 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	30 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - Str 3:30: Fun and Fitness-W	31