

MAY

PAL

Legend

JS—John Sweeney
FC—Fitness Center
HS—Hobby Shop
EG---Egerton



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 We are CAREGIVERS Caregivers' Week: May 12-18				1 1:30 Stretching (JS)	2 10:00 Balance Class (JS)	3 9:30 Morning Stretch (JS)
4 OPEN GYM DAY!	5 9:30 Morning Stretch (JS) 1:30 SMART Classes (JS)	6 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	7 10:00 Video Zumba (EG) 3:30 Zumba (JS)	8 1:30 Tai Chi (JS)	9 10:00 Balance Class (JS)	10 9:30 Morning Stretch (JS)
11 Mother's Day 🧑🏻🧑🏻 OPEN GYM DAY!	12 9:30 Morning Stretch (JS) 1:30 SMART Classes (JS)	13 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	14 10:00 Video Zumba (EG)	15 1:30 Stretching (JS)	16 10:00 Balance Class (JS)	17 9:30 Morning Stretch (JS)
18 OPEN GYM DAY!	19 Victoria Day 🎉 9:30 Morning Stretch (JS)	20 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	21 10:00 Video Zumba (EG) 2:00 Zumba (JS)	22 1:30 Tai Chi (JS)	23 10:00 Balance Class (JS)	24 9:30 Morning Stretch (JS)
25 OPEN GYM DAY!	26 9:30 Morning Stretch (JS) 1:30 SMART Classes (JS)	27 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	28 10:00 Video Zumba (EG)	29 1:30 Stretching (JS)	30 10:00 Balance Class (JS)	31 9:30 Morning Stretch (JS)