

JUNE

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
 H - Hobby Shop

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	2 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	3 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B)	4 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	5 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F)	6 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	7 Rest Day No PAL Programs
8 Rest Day No PAL Programs	9 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	10 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B)	11 10:00 Sit and Be Fit (F) 4:15 Afternoon Stretching (F)	12 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F)	13 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	14 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
15 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	16 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	17 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B)	18 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	19 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)	20 Rest Day No PAL Programs	21 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
22 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	23 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	24 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B)	25 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 4:15 Standing Strong (F)	26 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Yoga/Tai Chi (F)	27 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	28 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)
29 10:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	30 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	#ElderWisdom 10th Anniversary				