

JULY

Legend

SC - Seniors' Center

SH - Schoolhouse

FSL - Fireside Lounge

OS - Offsite

Questions? Call 8017 to reach Amelie or Melissa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day 10:00 Women's Fitness - SC 2:00 Chair Yoga - SC	2 2:30 Level 2 - SC 3:30 Level 1 - SC	3 2:00 Functional Balance - SC 3:30 Level 1 - SC	4 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	5
6	7 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC	8 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	9 2:30 Level 2 - SC 3:30 Level 1 - SC 4:30 - 7 pm Walker/Wheelchair Cleaning Clinic - SC	10 2:00 Balance - SC 3:30 Level 1 - SC	11 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	12 10:00 Level 2 - SC
13 2:30 Balance - SC	14 10:15 Swimming - OS (sign-up) 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC	15 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	16 3:30 Level 1 - SC	17 2:00 Balance - SC 3:30 Level 1 - SC	18 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	19 9:30 Outdoor Morning Stretch - OS (meet in SC) 10:00 Level 2 - SC
20 2:30 Balance - SC	21 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC	22 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	23 2:00 Level 2 - SC 3:30 Level 1 - SC	24 2:00 Balance - SC 3:30 Level 1 - SC	25 3:30 Level 1 - SC	26
27	28 10:15 Swimming - OS (sign-up) 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC	29 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	30 2:30 Level 2 - SC 3:30 Level 1 - SC	31 2:00 Balance - SC 3:30 Level 1 - SC		