

JULY

PAL

Legend
JS- John Sweeney
HS - Hobby Shop
FC - Fitness Center
EG - Egerton
P - Pond

Michael T Sharratt
program for
activeliving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day 🍁 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	2 10:00 Duet Bike Rides (P)	3 1:30 Stretching (JS)	4 10:00 Balance Class (JS)	5 9:30 Morning Stretch (JS)
6 OPEN GYM DAY!	7 9:30 Morning Stretch (JS)	8 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	9 10:00 Duet Bike Rides (P) 10:00 Zumba (EG) 2:00 Zumba (JS)	10 1:30 Tai Chi (JS)	11 10:00 Balance Class (JS)	12 9:30 Morning Stretch (JS)
13 OPEN GYM DAY!	14 9:30 Morning Stretch (FC)	15 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	16 OPEN GYM DAY!	17 1:30 Stretching (JS)	18 10:00 Balance Class (JS)	19 9:30 Morning Stretch (JS)
20 Ice Cream Day 🍦 OPEN GYM DAY!	21 9:30 Morning Stretch (JS)	22 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	23 10:00 Duet Bike Rides (P)	24 1:30 Tai Chi (JS)	25 10:00 Balance Class (JS)	26 9:30 Morning Stretch (JS)
27 OPEN GYM DAY!	28 9:30 Morning Stretch (FC)	29 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	30 10:00 Duet Bike Rides (P) 2:00 Zumba (EG)	31 1:30 Zumba (JS)		