AUGUST

PAL

WILFRED SCHLEGEL Day

Monday, August 4

This day kicks off a month of giving back to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Balance Class (JS)	**2** 9:30 Morning Stretch (JS)
3 OPEN GYM TIME!	**4** **WILFRED SCHLEGEL DAY** 9:30 Morning Stretch with Rec (JS) 1:30 SMART Classes (JS)	**5** 10:00 Balance Class with Rec (JS) 2:30 Hand Therapy with Rec (JS)	**6** 10:00 Zumba (EG)	**7** 1:30 Stretching with Rec (JS)	**8** 10:00 Balance Class with Rec (JS)	**9** 9:30 Morning Stretch with Rec (JS)
10 OPEN GYM TIME!	**11** 9:30 Morning Stretch with Rec (JS) 1:30 SMART Classes (JS)	**12** 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	**13** 10:00 Duet Bike Rides (P) weather permitting 3:00 Zumba (JS)	**14** 10:00 Video Zumba (EG) 1:30 Tai Chi (JS)	**15** 10:00 Balance Class (JS)	**16** 9:30 Morning Stretch (JS)
17 OPEN GYM TIME!	**18** 9:30 Morning Stretch with Rec (JS) 1:30 SMART Classes (JS)	**19** 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	**20** 10:00 Duet Bike Rides (P) weather permitting	**21** 10:00 Video Zumba (EG) 1:30 Stretching (JS)	**22** 10:00 Balance Class (JS) 1:30 Zumba (JS)	**23** 9:30 Morning Stretch with Rec (JS)
24 OPEN GYM TIME!	**25** 9:30 Morning Stretch with Rec (JS) 1:30 SMART Classes (JS)	**26** 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	**27** 10:00 Duet Bike Rides (P) weather permitting	**28** 10:00 Video Zumba (EG) 1:30 Tai Chi (JS)	**29** 10:00 Balance Class (JS)	**30** 9:30 Morning Stretch (JS)
31 OPEN GYM TIME!						

Legend
(JS) John Sweeney
(EG) Egerton
(P) Pond

Michael T Sharratt program for activeliving

AUGUST

Special Event

WILFRED SCHLEGEL Day

Monday, August 4

This day kicks off a month of giving back to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	**2**
3	**4** **WILFRED SCHLEGEL DAY** 2:00-4:00 Wilfred Schlegel day event-P	**5**	**6** 10:00 Zumba-EG 10:30 Catholic Communion-RV 2:00 Tom Denomme-DR	**7** **Vicky's Gems and Jewels 11-3 L** 10:00 VR Experience-JS 3:45 Entertainment-EM 5:00 Emma's BBQ	**8**	**9**
10	**11** 10:00 Card Workshop-HS	**12** **Timbit Tuesday**	**13** **Factory Shoes Kitchener 10-3 L** 10:30 Lutheran Communion-PCC 3:00 Zumba-JS	**14** 10:30 Camp Visitors- W/B 1:30 Tai Chi-JS 5:00 Becker's BBQ	**15**	**16**
17	**18**	**19**	**20** **Plattsville Paperwork 10-2 L** 2:00 Multicultural Festival	**21** 2:00 Kevin Coates (Everyone)	**22** 1:30 Zumba-W/B	**23**
24	**25**	**26** 2:00 Tom Denomme- EM	**27** **KPL Book Return** 10:300 Protestant Communion- PCC 2:00 PegTalks 10:00 Zumba-EG 10:45 Zumba-EM	**28** **KPL Book Pickup** 1:30 Tai Chi-JS	**29**	**30**
31						

Legend