


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>AUGUST</div><div>Village Of Erin Meadows Retirement</div></div>			<div><div><div></div><div><div>WILFRED SCHLEGEL</div><div>Day</div><div>Monday, August 4</div><div>This day kicks off a month of giving back to the community.</div></div></div></div>		<div><div>1</div><div>11am: Flexibility and Stretching with Amara (TH)</div></div>	<div><div>2</div><div>NO PAL PROGRAM TODAY.</div></div>
<div><div>3</div><div>11am: Seated Yoga and mindfulness (WR)</div></div>	<div><div>4</div><div><div>WILFRED SCHLEGEL DAY</div><div>11am: Upper Body with Weights (TH)</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div></div>	<div><div>5</div><div>11am: Exercise Thera Bands Class (TH)</div></div>	<div><div>6</div><div>11am: Seated Zumba (TH)</div><div>3:00 PM Seated Basketball (TH)</div></div>	<div><div>7</div><div>NO PAL PROGRAM TODAY.</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>8</div><div>No PAL Program</div></div>	<div><div>9</div><div>NO PAL PROGRAM TODAY.</div></div>
<div><div>10</div><div>NO PAL PROGRAM TODAY.</div></div>	<div><div>11</div><div>11am: Upper Body with Weights (TH)</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>12</div><div>11am: Exercise Thera Bands Class (HS)</div></div>	<div><div>13</div><div>11am: Legs/Standing Class (TH)</div></div>	<div><div>14</div><div>NO PAL PROGRAM TODAY.</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>15</div><div>11am: Flexibility and Stretching (TH)</div></div>	<div><div>16</div><div>11am: Balance class (TH)</div></div>
<div><div>17</div><div>11am: Seated Yoga and mindfulness (WR)</div></div>	<div><div>18</div><div>11am: Upper Body with Weights (TH)</div><div>3:00 PM Seated Volleyball (TH)</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>19</div><div>11am: Exercise Thera Bands Class (TH)</div></div>	<div><div>20</div><div>11am: Legs/Standing Class (TH)</div></div>	<div><div>21</div><div>NO PAL PROGRAM TODAY.</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>22</div><div>11am: Flexibility and Stretching (TH)</div></div>	<div><div>23</div><div>NO PAL PROGRAM TODAY.</div></div>
<div><div>24</div><div>NO PAL PROGRAM TODAY.</div></div>	<div><div>25</div><div>11am: Upper Body with Weights (TH)</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>26</div><div>11am: Exercise Thera Bands Class (TH)</div></div>	<div><div>27</div><div>11am: Legs/Standing Class (TH)</div></div>	<div><div>28</div><div>NO PAL PROGRAM TODAY.</div><div>1-3 PM Lifemark classes (Fitness Center)</div></div>	<div><div>29</div><div>11am: Flexibility and Stretching (TH)</div></div>	<div><div>30</div><div>11am: Balance class (TH)</div></div>
<div><div>31</div><div>11am: Seated Yoga and mindfulness (WR)</div></div>	<div><div><div><div></div><div></div><div></div><div></div></div><div><div>Locations:</div><div>TH=TOWNHALL</div><div>HS= HOBBY SHOP</div><div>PATIO= OUSIDE MAIN TERRACE</div><div>FITNESS CENTER: LOWER LEVEL</div><div>WR= WATERFALL ROOM 2ND FLOOR</div></div><div><div><div>Michael T Sharratt</div><div>program for</div><div>active living</div></div></div></div></div>					

Exercise Thera Bands Class-30mins

Using therapy bands for exercise, a good intro for beginners. This class entails a full body workout and can be a good start if you have not done exercise in a while. We start with a warm up, then upper body, lower body, and a cooldown.

Legs/ Standing Class -30mins

This class is focused on a few standing exercises. IF YOU FEEL UNBALANCED you are able to participate while seated but some exercises will be modified.

Upper Body and Weights- 30mins

Using dumbbells for exercise while seated. This class entails a upper body workout with some compound movements. We start with a warm up, focus on our arms and core, then a cooldown. .

Flexibility & Stretching Class-30mins

This class is primarily stretching and range of motion with repetitive movements. Being one with our body we go through a series of stretches. Using breathing techniques to further increase flexibility.

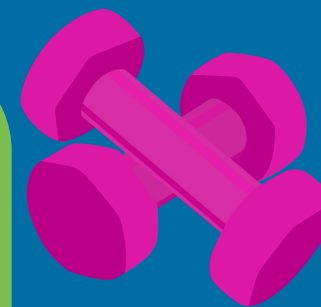
Please note that all classes and programs are subject to change or cancellation due to unforeseen circumstances

Seated Zumba: Aug 6th at 11 AM,

A lively chair-based dance workout that boosts heart health, flexibility, and mood with Latin-inspired music and moves.

Seated Basketball: Aug 6th at 3:00 PM. Join us for fun, low-impact way to stay active and enjoy some friendly competition. No experience needed.

Seated Volleyball: Aug 18th at 3:00 PM. Just bring your game face !



Alternating Weekends : 25-30 mins

- **Balance Class:** Practicing some lower leg balance with coordination of our upper body. Residents who rely a lot on their walker will have a difficult time with some of the movements but still welcome to try!
- **Seated Yoga:** Performing some seated yoga exercises with Breathing techniques while sitting. Focused on relaxation.

Falls Prevention – Lifemark: A 12-week program combining education and exercise to reduce fall risks and improve safety and strength in older adults.

Pump it Up – Lifemark: A higher-intensity, standing-based workout using equipment to boost strength, flexibility, and endurance.

Seated Dance – Lifemark: A fun, music-based seated exercise class that enhances mobility, core strength, and mood.

