

SEPTEMBER

PAL/Exercise Calendar

Legend

SC - Seniors' Center

SH - Schoolhouse

FSL - Fireside Lounge

OS - Offsite

MS - Main Street

Questions? Call 8017 to reach Amelie or Melissa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Hand Therapy - SH 3:00 Stretch & Strengthen - SC	2 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	3 10:00 Guided Wildflower Walk with Wilf at Cullen Park (Sign-up) - OS 2:30 Level 2 - SC 3:30 Level 1 - SC	4 2:00/2:30 Walking Balance (sign-up) - SC 3:30 level 1 - SC	5 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	6
7 Grandparents Day	8 10:15 Swim (sign-up) - OS 10:30 Hand Therapy - SC 3:00 Stretch & Strengthen - SC	9 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	10 10:00 Guided Wildflower Walk with Wilf at Cullen Park (Sign-up) - OS 2:30 Level 2 - SC 3:30 Level 1 - SC	11 2:00 Balance - SC 3:30 Level 1 - SC	12 3:30 Level 1 - SC	13 10:00 Level 2 - SC
14 2:30 Balance - SC	15 10:15 Swim (sign-up) - OS 10:30 Hand Therapy - SH 1:00-3:00 Terry Fox Fundraiser - MS 2:00 Terry Fox Walk - SC 3:00 Stretch & Strengthen - SC	16 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	17 2:30 Level 2 - SC 3:30 Level 1 - SC	18 2:00 Balance - SC 3:30 Level 1 - SC	19 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	20 10:00 Level 2 - SC
21 2:30 Balance - SC	22 10:30 Hand Therapy - SH 3:00 Stretch & Strengthen - SC	23 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	24 2:00 Level 2 - SC 3:30 Level 1 - SC	25 2:00 Balance - SC 3:30 Level 1 - SC	26 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	27
28	29 10:30 Hand Therapy - SH 3:00 Stretch & Strengthen - SC	30 National Day for Truth and Reconciliation 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	 Schlegel Villages' FOOD DRIVE We are collecting non-perishable food items and monetary donations. All donations will be given to local food banks across Ontario. 			