

SEPTEMBER

Program for Active Living

*Please Always check the daily poster boards on Main Street for any changes to the schedule

PAL Coordinators (Ext. 1887)

Bhavini Mistry

Ben Weiler

April Clipston

Legend

F — Florence Meares Seniors Center

TH—Town Hall

B – Basement Fitness center

H – Hobby Shop

CF- Cafe



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	2 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	3 11:00 Sit and Be Fit (TH) 2 :00 Terry Fox donation booth (CF) 4:05 Standing Strong (F)	4 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2 :00 Terry Fox donation booth (CF) 4:05 Yoga/Tai Chi (F)	5 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	6 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
7 Grandparents Day 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	8 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	9 10:00 Sit and Be fit (F) 4:00 Strength and Conditioning (B)	10 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:05 Standing Strong (F)	11 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	12 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 2 :00 Terry Fox donation booth (CF) 4:15 Standing Strong (F)	13 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 2 :00 Terry Fox donation booth (CF)
14 Terry Fox Day 10:30 Terry Fox Walk (CF)	15 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	16 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up)	17 10:00 Sit and Be Fit (F) 4:05 Standing Strong (F)	18 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	19 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	20 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
21 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))	22 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	23 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B)	24 10:00 Sit and Be Fit (B) 11:00 Fit on your feet (F) 4:05 Standing Strong (B)	25 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	26 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	27 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
28 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))	29 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	30 National Day for Truth and Reconciliation 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B)	 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. 			