

OCTOBER

Active Aging Week October 6th -10th

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 2:30 Level 2 - SC 3:30 Level 1 - SC 4:30-7:00 Cleaning Clinic for Walkers/Wheelchairs - SC	2 2:00 Balance - SC 3:30 Level 1 - SC	3 10:30 Men's Strength Training - SC	4 10:00 Level 2 - SC
5 2:30 Balance - SC	6 10:15 Swim (sign-up) - OS 10:30 Hand Therapy - SH 3:00 Drum Fit - SC 3:30 Level 1 - SC	7 10:30 Soccer Competition with LTC - SC 2:00 Guided Movement and Meditation - SC 3:30 Level 1 - SC	8 3:30 Level 1 - SC	9 2:00 Cardio Blast - SC 3:30 Level 1 - SC	10 10:30 Seated Boxing - SC 2:00 Healthy Aging Documentary - TH	11 10:00 Level 2 - SC
12 2:30 Balance - SC	13 10:30 Hand Therapy - SH <u>2:00</u> Stretch & Strengthen - SC	14 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	15 2:30 Level 2 - SC 3:30 Level 1 - SC	16 2:00 Balance - SC 3:30 Level 1 - SC	17 10:30 Men's Strength Training - SC	18
19	20 10:15 Swim (sign-up) - OS 10:30 Hand Therapy - SC 3:00 Stretch & Strengthen - SC 3:30 Level 1 - SC	21 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	22 2:30 Level 2 - SC 3:30 Level 1 - SC	23 2:00 Balance - SC 3:30 Level 1 - SC	24 10:30 Men's Strength Training - SC	25 10:00 Level 2 - SC
26 2:30 Balance - SC	27 10:15 Swim (sign-up) - OS 10:30 Hand Therapy - SC 3:00 Stretch & Strengthen - SC 3:30 Level 1 - SC	28 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	29 2:30 Level 2 - SC 3:30 Level 1 - SC	30 2:00 Balance - SC 3:30 Level 1 - SC	31 10:30 Men's Strength Training - SC	