

OCTOBER

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
April Clipston R.Kin

Legend

C—Chapel

TH—Town Hall

MF— Main Floor

TS—Town Square

SC—Social Club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Sit and Be Fit (F) 11:00 Brain and Body (TH) 4:05 Standing Strong (F)	2 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	3 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	4 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
5 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	6 Active Aging Week 10:00 Sit and be Fit 2:30 -4:30 NuStep Race	7 Active Aging Week 10:00 Sit and Be fit (F) 11:00 Volleyball (TH)	8 REST DAY	9 Active Aging Week 10:00 Sit and be Fit (F) 11:00 Smoothies (HS) 3:30 Neft gun shooting Competition (F)	10 Active Aging Week 10:00 Sit and be Fit (F) 11:00 Chair dancing video (TH) 2:30 Relay Ball Pass Race	11 Active Aging Week 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
12 Active Aging Week 11:00 Morning Stretching (F) 4:00 Step and Cardio (NEW) (F)	13 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	14 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)	15 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:05 Standing Strong (F)	16 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	17 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	18 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
19 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	20 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	21 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)	22 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:05 Standing Strong (F)	23 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	24 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	25 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
26 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B)	27 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	28 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)	29 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:05 Standing Strong (F)	30 10:00 Sit and Be Fit (F) 11:00 Fit on your Feet 2:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	31 Halloween No PAL Programs	