

SEPTEMBER

Program for Active Living - Ext.8031

Legend

TH—Town Hall

HS—Hobby Shop

TS—Town Square

O—Outside

EG—Egerton's Lounge

EM—Emma's Lounge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOUR DAY 10:30 Groove & Move - EM 3:00 Hand Wax Therapy - HS	2 NO PAL PROGRAMS TODAY	3 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG	4 NO PAL PROGRAMS TODAY	5 1:00 Exercise w/ V.O.N - FC	6 10:45 Bowling- EG 2:30 Sweat Safely w/ Resistance Bands - TH
7 Grandparents Day 11:15 Sit & Be Fit - TH	8 1:00 Exercise w/ V.O.N - FC	9 NO PAL PROGRAMS TODAY	10 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG	11 10:30 Men's Club Exercise - TH 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	12 1:00 Exercise w/ V.O.N - FC 1:30 Groove & Move - EM 2:30 Hand Wax Therapy - HS	13 NO PAL PROGRAMS TODAY
14 NO PAL PROGAMS TODAY	15 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	16 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	17 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights- TH	18 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH 3:00 Golden Gait Challenge - TS	19 1:00 Exercise w/ V.O.N - FC	20 10:45 Bowling - EG 2:30 Sweat Safely w/ Resistance Bands - TH
21 11:15 Sit & Be Fit - TH 3:00 Golden Gait Challenge - TS	22 1:00 Exercise w/ V.O.N - FC	23 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	24 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights- TH	25 10:30 Men's Club Exercise - HS 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	26 10:30 Bowling - TH 1:00 Exercise w/ V.O.N - FC 1:30 Groove & Move - EM 2:30 Hand Wax Therapy - HS	27 NO PAL PROGRAMS TODAY
28 NO PAL PROGRAMS TODAY	29 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	30 National Day for Truth & Reconciliation 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	 <div><p>Schlegel Villages'</p><h1>FOOD DRIVE</h1><p>We are collecting non-perishable food items and monetary donations. All donations will be given to local food banks across Ontario.</p></div> 			