


OCTOBER

Program for Active Living - Ext.8031

Legend

H—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 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	2 11:00 Sit & Be Fit - TH	3 1:00 Exercise w/ V.O.N - FC	4 10:45 Bowling- EG 2:30 Sweat Safely w/ Resistance Bands - TH
5 11:00 Sit & Be Fit - TH 3:00 Golden Gait Challenge - TS	6 1:00 Exercise w/ V.O.N - FC	7 11:00 Sit & Be Fit - TH 2:00 Movement Matters - EG	8 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG	9 10:30 Men's Club Exercise - TH 2:30 Posture & Balance - TH	10 1:00 Exercise w/ V.O.N - FC 1:30 Hand Wax Therapy - EM 2:30 Hand Wax Therapy - HS	11 NO PAL PROGRAMS TODAY
12 NO PAL PROGRAMS TODAY	13 THANKSGIVING DAY 10:30 Groove & Move - EM 3:00 Hand Wax Therapy - HS	14 11:00 Sit & Be Fit - TH 2:00 Movement Matters - EG	15 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 3:15 Men's Walk - EM	16 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH 3:00 Golden Gait Challenge - TS	17 1:00 Exercise w/ V.O.N - FC	18 10:45 Bowling- EG 2:30 Sweat Safely w/ Resistance Bands - HS
19 11:00 Sit & Be Fit - TH	20 1:00 Exercise w/ V.O.N - FC	21 11:00 Sit & Be Fit - TH 1:30 Movement Matters - EG	22 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	23 10:30 Men's Club Exercise - TH 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	24 1:00 Exercise w/ V.O.N - FC 1:30 Groove & Move - EM 2:30 Hand Wax Therapy - HS	25 NO PAL PROGRAMS TODAY
26 NO PAL PROGRAMS TODAY	27 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC	28 11:00 Sit & Be Fit - TH 2:00 Movement Matters - EG	29 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:15 Sweat Safely w/ Weights-TH	30 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH 3:00 Golden Gait Challenge - TS	31 1:00 Exercise w/ V.O.N - FC	