

OCTOBER

PAL

Legend

JS - John Sweeney
HS - Hobby Shop
EG - Egerton
P - Pond



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1:30 Chair Yoga (JS)	2 1:30 Stretching (JS)	3 10:00 Balance Class (JS)	4 9:30 Morning Stretch (JS)
5 OPEN GYM	6 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	7 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	8 1:30 Chair Yoga (JS)	9 1:30 Tai Chi (JS)	10 10:00 Balance Class (JS)	11 9:30 Morning Stretch (JS)
12 OPEN GYM	13 Thanksgiving 🦃 9:30 Morning Stretch (JS)	14 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	15 1:30 Chair Yoga (JS)	16 1:30 Zumba (JS)	17 10:00 Balance Class (JS)	18 9:30 Morning Stretch (JS)
19 OPEN GYM	20 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	21 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	22 1:30 Chair Yoga (JS)	23 1:30 Tai Chi (JS)	24 10:00 Balance Class (JS)	25 9:30 Morning Stretch (JS)
26 OPEN GYM	27 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	28 10:00 Balance Class (JS) 2:30 Hand Therapy (HS)	29 1:30 Chair Yoga (JS)	30 1:30 Zumba (JS)	31 Halloween 🎃 10:00 Balance Class (JS)	