

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER Program for Active Living						1
2	3 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad	4 10:00 Standing Balance 1:30 Group Fitness (Cardio)	5 9:15 - Oaklands Fun & Fit 11:00 - Appleby TBF 11:15 - Nelson Fun & Fit 1:00 - Brant TBF 2:30 Bronte TBF	6 Falls prevention Month 11:15 - Brant Fun & Fit 11:00 - Grip Strength Exercise 1:45 - Seated Yoga	7	8 10:00 Stretching 11:00 Bronte TBF 2:00 Appleby TBF
9 10:00 Oaklands TBF 1:00 Nelson TBF 2:00 Basketball Toss	10 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad	11 Remembrance Day	12	13 Falls Prevention Month 11:15 - Brant Fun & Fit 11:00 Balance Bands 1:45 - Seated Yoga	14	15 Christmas Bazzarr
16	17 Olympic Tryouts 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad 2:30 NuStep Olympic 2026 Trials (Cafe)	18 Falls Prevention Month /Olympic Tryouts 10:00 Balance Bars 1:00 Group Fitness (Cardio) 2:30 Hockey Olympic 2026 Trial (SC)	19 9:15 - Oaklands Fun & Fit 11:00 - Appleby TBF 11:15 - Nelson Fun & Fit 1:00 - Brant TBF 2:30 Bronte TBF	20 Falls Prevention Month / Olympic Tryouts 10:00 Ready, set React 11:15 - Brant Fun & Fit 1:30 - Seated Yoga 2:30- Figure Skating Olympic 2026 Trials (TH)	21	22 10:00 Stretching 11:00 Bronte TBF 2:00 Appleby TBF
23 10:00 Oaklands TBF 1:00 Nelson TBF 2:00 Basketball Toss	24 Olympic Tryouts 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:30 Sweat Squad 2:30 Shooting Olympic 2026 Trials (TH)	25 Olympic Tryouts 2:30 Ski Jump Olympic 2026 Trials (LTC MS)	26 Olympic Tryouts 9:15 - Oaklands Fun & Fit 11:00 - Appleby TBF 11:15 - Nelson Fun & Fit 1:00 - Brant TBF 2:30 Snowboarding Olympic 2026 Trials (SC)	27 Falls Prevention Month / Olympic Tryouts 11:15 - Brant Fun & Fit 11:00 - Balloon Balance Challenge 2:00 Curling Olympic 2026 Trials (SC)	28	29
30						Legend C—Chapel TH—Town Hall SC — Seniors Center - RH MS — Main Street  Michael T Sharratt program for active living