

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER Program for Active Living - Ext. 8031						1 10:45 Bowling- EG 2:30 Sweat Safely w/ Resistance Bands - HS
2 11:00 Sit & Be Fit - TH	3 1:00 Exercise w/ V.O.N - FC	4 11:00 Sit & Be Fit - TH 2:00 Movement Matters - EG	5 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	6 11:00 Sit & Be Fit - TH	7 10:30 Bowling - TH 1:00 Exercise w/ V.O.N - FC 1:30 Groove & Move - EM 2:30 Hand Wax Therapy - HS	8 NO PAL PROGRAMS TODAY
9 NO PAL PROGRAMS TODAY	10 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	11 Remembrance Day 2:00 Movement Matters - EG	12 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	13 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH 3:00 Golden Gait Challenge - TS	14 1:00 Exercise w/ V.O.N - FC	15 10:45 Bowling- EG 2:30 Sweat Safely w/ Resistance Bands - HS
16 11:00 Sit & Be Fit - TH 3:00 Golden Gait Challenge - TS	17 Wheelchair & Walker Cleaning Day 1:00 Exercise w/ V.O.N - FC 8:00 Leave your Wheelchairs & Walkers outside of suite.	18 2:00 Movement Matters - EG	19 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Resistance Bands- TH	20 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	21 1:00 Exercise w/ V.O.N - FC	22 NO PAL PROGRAMS TODAY
23 NO PAL PROGRAMS TODAY	24 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	25 11:00 Sit & Be Fit - TH	26 10:30 - Falls Prevention Education - SH 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 3:00 Sweat Safely w/ Weights- TH	27 NO PAL PROGRAMS TODAY	28 1:00 Exercise w/ V.O.N - FC	29 NO PAL PROGRAMS TODAY
30 11:00 Sit & Be Fit - TH 3:00 Golden Gait Challenge - TS						Legend H—Town Hall HS—Hobby Shop TS—Town Square O—Outside EG—Egerton's Lounge EM—Emma's Lounge  Michael T Sharratt program for active living