

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active Aging Week Oct 5th-Oct 9th		<u>Locations Legend</u> Senior Center (SC) Fireside Lounge (FSL) Offsite (OS) Townhall (TH)	Any Questions? Contact PAL Team ext 8017	2:15 Balance (SC) 1 3:30 Level 1 (SC)	10:00 Morning Stretch 2 (SC) 10:30 Men's Strength Training (SC) 3:30 Level 1 (SC)	3
4	10:15 Swim Fit  (OS) 5 2:30 Exercise Education: Proper Technique (SC) 3:00 Pole Walking (SC)	11:00 Obstacle Course 6 (TH) 1:30 Wheelchair/Walker Repair (FSL) 3:30 Level 1 (SC)	10:30 Hand Therapy 7 (SC) 2:15 Tai Chi (SC) 3:30 Level 1 (SC)	2:15 Seated Volleyball 8 (SC) 3:30 Level 1 (SC)	10:00 Zumba (SC) 9 3:30 Level 1 (SC)	10:00 Level 2 (SC) 10
3:00 Balance (SC) 11	2:30 Stretch and Strengthen (SC) 12	10:30 Women's Fitness (SC) 13 1:30 Wheelchair/Walker Repair (FSL) 2:15 Chair Yoga (SC) 3:30 Level 1 (SC)	10:30 Hand Therapy 14 (SC) 2:15 Level 2 (SC) 3:30 Level 1 (SC)	2:15 Balance (SC) 15 3:30 Level 1 (SC)	10:00 Morning Stretch 16 (SC) 10:30 Men's Strength Training (SC) 3:30 Level 1 (SC)	10:00 Level 2 (SC) 17
3:00 Balance (SC) 18	10:15 Swim Fit  (OS) 19 2:30 Stretch and Strengthen (SC)	10:30 Women's Fitness (SC) 20 1:30 Wheelchair/Walker Repair (FSL) 2:15 Chair Yoga (SC) 3:30 Level 1 (SC)	10:30 Hand Therapy 21 (SC) 2:15 Level 2 (SC) 3:30 Level 1 (SC)	2:15 Balance (SC) 22 3:30 Level 1 (SC)	10:00 Morning Stretch 23 (SC) 10:30 Men's Strength Training (SC) 3:30 Level 1 (SC)	24
25	10:15 Swim Fit  (OS) 26 2:30 Stretch and Strengthen (SC)	10:30 Women's Fitness (SC) 27 1:30 Wheelchair/Walker Repair (FSL) 2:15 Chair Yoga (SC) 3:30 Level 1 (SC)	10:30 Hand Therapy 28 (SC) 2:15 Level 2 (SC) 3:30 Level 1 (SC)	2:15 Balance (SC) 29 3:30 Level 1 (SC)	10:00 Morning Stretch 30 (SC) 10:30 Men's Strength Training (SC) 3:30 Level 1 (SC)	10:00 Level 2 (SC) 31