

Location Legend
Florence Meares Seniors Centre (F)
Fitness Centre (FC)
Town Hall (TH)
Hobby Shop (HS)
Cafe (CA)
Main Street (MS)
Town Square (TS)

****Please check the daily boards for any updates or changes to the schedule****

October 2026

The Program for Active Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intensity Level 1 Intensity Level 2 Intensity Level 3 Intensity Level 4				10:00 Sit and Be Fit ● (F) 1 10:45 Total Body Mix ● (F) 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	10:00 Sit and Be Fit ● (F) 2 11:00 Standing Strong ● (F) 4:00 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 3 4:00 Yoga/Tai Chi ● (F)
10:00 Sit and Be Fit ● (F) 4 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	ACTIVE AGING WEEK 5 10:00 Sit and Be Fit ● (F) 11:00 Standing Strong ● (F) 4:00 Train the Trainer: Interactive Entertainment (TS)	ACTIVE AGING WEEK 6 10:00 Sit and Be Fit ● (F) 10:00 Nordic Pole Walking (TH) 10:45 Total Body Mix ● (F) 3:00 Podcast: Healthy Aging (SC) 4:15 Yoga/Tai Chi ● (FC)	ACTIVE AGING WEEK 7 10:00 Sit and Be Fit ● (F) 11:00 Fit on Your Feet ● (F) <i>1:30 Swimming - SIGN UP REQUIRED (F)</i> 2:30 SMOOTHIES! (HS) 4:15 Sit and Be Fit ● (F)	ACTIVE AGING WEEK 8 10:00 Sit and Be Fit ● (F) 10:45 Total Body Mix ● (F) 3:00 NuStep Challenge! (CA) 4:15 Core and More ● (F)	ACTIVE AGING WEEK 9 10:00 Sit and Be Fit ● (F) 11:00 Standing Strong ● (F) 4:00 NEW! Functional Fitness ● (TH)	ACTIVE AGING WEEK 10 10:00 Sit and Be Fit ● (F) 4:00 Yoga/Tai Chi ● (F)
ACTIVE AGING WEEK 11 10:00 Sit and Be Fit ● (F) 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	NO PAL PROGRAMS THANKSGIVING 12	10:00 Sit and Be Fit ● (F) 13 10:00 NEW! Functional Fitness ● (TH) 10:45 Total Body Mix ● (F) 4:15 Yoga/Tai Chi ● (FC)	10:00 Sit and Be Fit ● (F) 14 11:00 Fit on Your Feet ● (F) 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 15 10:45 Total Body Mix ● (F) 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	10:00 Sit and Be Fit ● (F) 16 11:00 Standing Strong ● (F) 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 17 4:00 Yoga/Tai Chi ● (F)
10:00 Sit and Be Fit ● (F) 18 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	10:00 Sit and Be Fit ● (F) 19 11:00 Standing Strong ● (F) 1:30 Adventure Walk - SIGN UP REQUIRED (CA) 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 20 10:00 NEW! Functional Fitness ● (TH) 10:45 Total Body Mix ● (F) 4:15 Yoga/Tai Chi ● (FC)	10:00 Sit and Be Fit ● (F) 21 11:00 Fit on Your Feet ● (F) <i>1:30 Swimming - SIGN UP REQUIRED (F)</i> 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 22 10:45 Total Body Mix ● (F) 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	10:00 Sit and Be Fit ● (F) 23 11:00 Standing Strong ● (F) 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 24 4:00 Yoga/Tai Chi ● (F)
10:00 Sit and Be Fit ● (F) 25 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	10:00 Sit and Be Fit ● (F) 26 11:00 Standing Strong ● (F) 1:30 Adventure Walk - SIGN UP REQUIRED (CA) 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 27 10:00 NEW! Functional Fitness ● (TH) 10:45 Total Body Mix ● (F) 4:15 Yoga/Tai Chi ● (FC)	10:00 Sit and Be Fit ● (F) 28 11:00 Fit on Your Feet ● (F) 4:15 Sit and Be Fit ● (F)	10:00 Sit and Be Fit ● (F) 29 10:45 Total Body Mix ● (F) 3:00 Hand Therapy (s.group) (F) 4:15 Core and More ● (F)	10:00 Sit and Be Fit ● (F) 30 11:00 Standing Strong ● (F) 4:15 Sit and Be Fit ● (F)	HALLOWEEN 31 10:00 Sit and Be Fit ● (F) 4:00 Yoga/Tai Chi ● (F)