



August 2019

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations: D: Dundas Q: Queen K: King M: Main Street O: Outside	Pal Team Schedule: Angela Keller (Kinesiologist): Monday-Friday Pramod Kumar (Physiotherapist): Tuesday & Friday Reiner Saman (Occupational Therapist): Wednesday 10am-12pm Leah & Mina (Physiotherapist Assistants): Mon-Friday			1 10:00 Active Fitness (Q) with Physio 2:30 Zumba (K)	2 10:30 Hand Therapy (Q) 11:00 Walk N' Rollers (O)	3
4	5	6 10:00 Active Fitness (K) with Physio 2:30 Total Body Fitness (D) 6:00 Hand Therapy (M)	7 10:00 Active Fitness (D) with Physio 2:30 Tai Chi (K)	8 10:00 Active Fitness (Q) with Physio 10:30 Physical Fun (O) 2:30 Zumba (K)	9 10:30 Sport of the Month (M) 2:00 A Matter of Balance (K)	10
11	12 10:30 Hand Therapy (D) 2:00 Stretch and Strengthen (Q)	13 10:00 Active Fitness (K) with Physio 10:30 Yoga (K) 2:30 Total Body Fitness (D)	14 10:00 Active Fitness (D) with Physio 2:30 Tai Chi (K)	15 10:00 Active Fitness (Q) with Physio 10:45 Total Body Fitness (D) 2:30 Zumba (K)	16 10:30 Sport of the Month (M) 2:00 Walk N' Rollers (O)	17
18	19 2:00 Stretch and Strengthen (Q)	20 10:00 Active Fitness (K) with Physio 10:30 Zumba (K) 2:30 Total Body Fitness (D)	21 10:00 Active Fitness (D) with Physio 2:30 Tai Chi (Q)	22 10:00 Active Fitness (Q) with Physio 10:30 Physical Fun (O) 2:30 Zumba (K)	23 10:30 Hand Therapy (Q)	24
25	26 10:30 Walk N' Rollers (O) 2:00 Stretch and Strengthen (Q)	27 10:00 Active Fitness (K) with Physio 10:30 Yoga (O) 2:30 Hand Therapy (K)	28 10:00 Active Fitness (D) with Physio 2:30 Tai Chi (K)	29 10:00 Active Fitness (Q) with Physio 10:30 Total Body Fitness (D)	30	31