



MARCH 2024

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		WALKING CHALLENGE FOR THE MONTH OF MARCH	GET YOUR WALKING SHEETS FROM HEATHER		1 10:00 Balance Class (JS)	2 OPEN GYM DAY
3 See Heather for the monthly stretch sheets!	4 1:30 SMART Exercises (JS)	5 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	6 1:30 SMART Exercises (JS)	7 1:30 Stretching Class (FC)	8 10:00 Balance Class (JS)	9 OPEN GYM DAY
10 See Heather for the monthly stretch sheets!	11 1:30 SMART Exercises (JS)	12 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	13 1:30 SMART Exercises (JS)	14 1:30 Stretching Class (FC)	15 10:00 Balance Class (HS)	16 OPEN GYM DAY
17 See Heather for the monthly stretch sheets!	18 OPEN GYM DAY	19 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	20 1:30 SMART Exercises (JS)	21 10:00 Balance Class (JS) 1:30 Stretching Class (FC)	22 OPEN GYM DAY	23 OPEN GYM DAY
24 See Heather for the monthly stretch sheets!	25 1:30 SMART Exercises (JS)	26 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	27 1:30 SMART Exercises (JS)	28 10:00 Balance Class (JS) 1:30 Stretching Class (FC)	29 GOOD FRIDAY! OPEN GYM DAY	30 OPEN GYM DAY