



DECEMBER 2024

Program for Active Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ask Heather for the monthly stretch sheets	2 11:00 Video Zumba (FC) 1:30 SMART Exercises (JS)	3 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	4 1:30 SMART Exercises (JS)	5 1:30 Tai Chi (JS)	6 10:00 Balance Class (JS)	7 OPEN GYM DAY
8 Ask Heather for the monthly stretch sheets	9 1:30 SMART Exercises (JS)	10 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	11 1:30 SMART Exercises (JS)	12 1:30 Stretching (FC)	13 10:00 Balance Class (JS) 1:30 Zumba (JS)	14 OPEN GYM DAY
15 Ask Heather for the monthly stretch sheets	16 11:00 Video Zumba (FC) 1:30 SMART Exercises (JS)	17 OPEN GYM DAY	18 1:30 SMART Exercises (JS) 1:30 Zumba (EG)	19 1:30 Tai Chi (JS)	20 10:00 Balance Class (JS)	21 OPEN GYM DAY
22 Ask Heather for the monthly stretch sheets	23 1:30 SMART Exercises (JS)	24 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	25 OPEN GYM DAY 	26 9:30 Stretching (FC) 1:30 Video Zumba (FC)	27 OPEN GYM DAY	28 OPEN GYM DAY
29 Ask Heather for the monthly stretch sheets	30 1:30 SMART Exercises (JS)	31 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)				