

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CANADA DAY Notes: There are no fitness classes today	2 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$	3 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	4 10:00 1.5 KM Group Walk (meet at concierge desk)^ 1:30 Hymn Sing with Alynne Shinness	5 9:00 Hybrid Fitness \$	6
7	8 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	9 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 1:00 Amplifon Hearing Clinic * By Appointment Only* 2:00 3 KM Group Walk (meet at concierge desk) ^	10 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	11 1:30 Hymns & Praise with Darlene 2:30 Lemon Social * \$	12 9:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Bone Health	13
14	15 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Music Master Class *	16 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 2:00 Milkshakes & Melodies with Corey Primus * \$	17 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	18 10:00 2KM Group Walk (meet at concierge desk) ^ 1:30 Hymns & Praise with Darlene	19 9:00 Hybrid Fitness \$	20
21	22 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Music Master Class*	23 10:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 5:00 Hawaiian Community Dinner * \$	24 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	25 10:00 2.5 KM Group Walk (meet at concierge desk)^ 1:30 Hymns & Praise with Darlene	26 9:00 Hybrid Fitness \$	27
28 2:30 Sunday Service Provided by River of Life Church	29 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Music with Greg Alcock * \$	30 10:00 2 KM Group Walk (meet at concierge desk) ^	31 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	\$=Cost associated with event *=Sign-up required for event ^=Event weather dependant Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise		

