

APRIL



77B Madawaska St Side Door
 salc@arnpriorhealth.ca

Monday to Friday, 9am - 3pm
 (613)296-1906

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 9:00 Chair yoga 10:10 Mat yoga 11:20 Line Dance 12:30 Balance 1:30 Cards	2 9:00 Yogalates 10:30 C. Bowling 1:00 SALC Band	3 9:00 Chair Yoga 10:10 Chair Yoga 11:20 Balance 1:00 Hearing Clinic (by apt)	4 9:00 Pilates 10:15 Ukulele 1 pm Song Circle	
7 9:00 F. Fitness 10:00 F. Fitness 11:00 C. Bowling 1:00 Open Gym 3:15 SALC Band	8 9:00 Chair yoga 10:10 Mat yoga 12:30 Balance 1:30 Cards	9 9:00 Yogalates 10:30 C. Bowling 1:00 SALC Band	10 9:00 Chair Yoga 10:10 Chair Yoga 11:20 Balance 1:00 1:1 Tech Class (by apt)	11 9:00 Pilates 10:15 Ukulele
14 9:00 F. Fitness 10:00 F. Fitness 11:00 C. Bowling 1:00 Open Gym 2:30 Sound Bath Session	15 9:00 Chair yoga 10:10 Mat yoga 1:30 Cards	16 9:00 Yogalates 10:30 C. Bowling 1:00 SALC Band	17 9:00 Chair Yoga 10:10 Chair Yoga 1:00 1:1 Tech Class (by apt)	18 CLOSED FOR GOOD FRIDAY
21 CLOSED FOR EASTER MONDAY 	22 9:00 Chair yoga 10:10 Mat yoga 12:30 Balance 1:30 Cards	23 9:00 Yogalates 10:30 C. Bowling 1:00 SALC Band	24 9:00 Chair Yoga 10:10 Chair Yoga 11:20 Balance 1:00 LIVE MUSIC!	25 9:00 Pilates 10:15 Ukulele 1 pm Song Circle
28 9:00 F. Fitness 10:00 F. Fitness 11:00 C. Bowling 1:00 Open Gym 3:15 SALC Band	29 9:00 Chair yoga 10:10 Mat yoga 12:30 Balance 1:30 Cards	30 9:00 Yogalates 10:30 C. Bowling 1:00 SALC Band		

OFF-SITE ACTIVITIES

- SALC Swims Tues & Thurs 11:00am at the Nick Smith Centre
- Shuffleboard at the J.A.G. Mon & Thurs 10:00am-11:30pm Last Day to be debated
- April 26th Festival of the Maples Bus Trip meet at Nick Smith Center at 10:05am

FITNESS CLASSES

- Registration for May/June Fitness Classes begins on April 7th,

ANNOUNCEMENTS & INFORMATION

- Any events listed in black and red are included in membership fee's



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