



Calendar

November 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	31 Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	1 9:00 Chair Yoga, CC	2 9:00Strength, CC 10:30 Chair exercise, TH	3 9:00 Yoga, CC Meditation 10:30-11:00, TH	4 9:00 Strength, CC 10:30 Balance, TH Market Basket 1-3	5 Indie Author Day Nahant Public Library 4:00pm Daylight Savings Turn back the clock
6 Wayside Inn 10:00-3:00	7 Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	8 9:00 Chair Yoga, CC	9 9:00Strength, CC 10:30 Chair exercise, TH	10 9:00 Yoga, CC Memory Café 10:30 -11:30 Nahant Library Meditation 10:30-11:00 TH	11 Veteran's Day Closed	12
13	14 Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	15 9:00 Chair Yoga, CC	16 9:00Strength, CC 10-11:30- Blood Pressure Clinic, TH 10:30 Chair exercise, TH Nahant FD Senior Safe 12:15 TH	17 9:00 Yoga, CC Atty Brian Snell 10am to 1130 am Meditation 10:30-11:00, TH	18 9:00 Strength, CC 10:30 Balance, TH Market Basket 1-3	19
20	21 Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	22 9:00 Chair Yoga, CC	23 9:00Strength, CC 10:30 Chair exercise, TH	24 Thanks-giving Day Closed	25 COA CLOSED	26
27	28 Manicures 9:00 Strength, CC 10:30-Chair Exercise, TH	29 9:00 Chair Yoga, CC	30 9:00Strength, CC 10:30 Chair exercise, TH Rock Painting 1:00-2:00 TH	1 9:00 Yoga, CC	2 9:00 Strength, CC 10:30 Balance, TH	

TH=Town Hall

CC=Community Center, Valley Road