



EVENTS CALENDAR

January 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 COA CLOSED NEW YEARS DAY	2 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	3 9:00Strength, RR 10:30 Chair exercise, TH	4 9:00 Yoga, RR 10:30-11:00 Meditation, TH	5 9:00Strength, RR 10:30 Balance Class, TH NVC Breakfast
8 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH	9 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	10 9:00Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch, TH	11 9:00 Yoga, RR 10:30-11:00 Meditation, TH 9:30-11:30 am Fuel Assistance, TH 10:30-11:30 Hearing Clinic, TH 11:00 Tiger's Den	12 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
15 COA CLOSED MARTIN LUTHER KING JR, DAY	16 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	17 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	18 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell, TH	19 9:00Strength, RR 10:30 Balance Class, TH
22 9:00 Strength, RR 10:30-Chair Exercise, TH	23 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	24 9:00Strength, RR 10:30 Chair exercise, TH	25 9:00 Yoga, RR 10:30-11:00 Meditation, TH	26 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
29 9:00 Strength, RR 10:30-Chair Exercise, TH	30 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	31 9:00Strength, RR 10:30 Chair exercise, TH		

TH = Town Hall

RR = Rose Marie Room, Community Center