

EVENTS CALENDAR

February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 9:00 Yoga, RR 10:30-11:00 Meditation, TH	2 9:00 Strength, RR 10:30 Balance Class, TH NVC Breakfast
5 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH	6 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH 10:15 Maple Street Bistro	7 9:00 Strength, RR 10:30 Chair exercise, TH 9:00-11:30am Podiatrist TH	8 9:00 Yoga, RR 9:30-11:30 L.E.O. Fuel Assistance, TH 10:00-11:00am Atty Brian Snell, TH	9 9:00 Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
12 9:00 Strength, RR 10:30-Chair Exercise, TH	13 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	14 9:00 Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30 12:30 Music After Lunch, TH	15 9:00 Yoga, RR 10:30-11:00 Meditation, TH 11:00 Tiger's Den	16 9:00 Strength, RR 10:30 Balance Class, TH 12:30-3:00 Movie, TH
19 9:00 Strength, RR 10:30-Chair Exercise, TH	20 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	21 9:00 Strength, RR 10:30 Chair exercise, TH 1:00 Paint Party	22 9:00 Yoga, RR 10:30-11:00 Meditation, TH	23 9:00 Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	28 9:00 Strength, RR 10:30 Chair exercise, TH	29 9:00 Yoga, RR 10:30-11:00 Meditation, TH	

TH = Town Hall

RR = Rose Marie Room, Community Center