

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

| Sunday, <br> March 10 <br> Titanish <br> Stoneham <br> Theatre | SPRING FORWARD E, Y YOUR CLOCKS AनFA S ANHOUR |  | Sunday <br> March 31 <br> Easter | $1 \underset{\mathrm{R} R}{\text { 9:00Strength, }}$ 10:30 Balance Class, TH <br> NVC Breakfast |
| :---: | :---: | :---: | :---: | :---: |
| 4 9:00 Strength, RR <br> 10:30-Chair <br> Exercise, TH | $5 \xrightarrow[\text { RR }]{\text { 9:oo Chair Yoga, }}$ <br> RR <br> 10:30 Chair <br> Exercise, TH <br> Vote! <br> Presidential Primary | 6 9:ooStrength, RR <br> 10:30 Chair exercise, TH | 7 9:00 Yoga, RR <br> 10:30-11:00 <br> Meditation, TH <br> 9:30-11:30 am <br> Fuel Assistance, TH | 8 9:ooStrength, <br> 10:30 Balance Class, TH <br> 12:30-2:00pm <br> Market Basket |
| 11 9:0o Strength, RR <br> 10:30-Chair <br> Exercise, TH | 12 9:00 Chair Yoga, RR <br> 10:30 Chair <br> Exercise, TH | 13 9:ooStrength, <br> 10:30 Chair exercise, TH <br> 1:00 Art with Erica, TH | 14 9:00 Yoga, RR <br> 10:30-11:00 <br> Meditation, TH | $15 \underset{\substack{\text { 9:0oStrength } \\ \mathrm{RR}}}{\text {, }}$ <br> 10:30 Balance Class, TH <br> 11:30 St. Patrick's <br> Day Luncheon, TH |
| 18 9:00 Strength, RR 10:30-Chair Exercise, TH | 19 9:00 Chair Yoga, RR <br> 10:30 Chair <br> Exercise, TH | 20 9:ooStrength, RR <br> 10:30 Chair exercise, TH <br> Blood Pressure Clinic 10:30-11:30 <br> 12:30 Music After Lunch, TH | 21 9:00 Yoga, RR <br> 10:30-11:00 <br> Meditation, TH <br> 10:00-11:30am <br> Atty Brian Snell | 22 9:ooStrength, RR 10:30 Balance Class, TH <br> 10:30am Hearing Clinic <br> 12:30-2:00pm Market Basket |
| 25 9:00 Strength, RR 10:30-Chair Exercise, TH | 26 9:00 Chair Yoga, RR <br> 10:30 Chair <br> Exercise, TH | 27 9:ooStrength, <br> 10:30 Chair exercise, TH <br> 10:00-1:00 am National Grid, TH | $28 \begin{array}{ll} \text { 9:00 Yoga, RR } \\ \text { 10:30-11:00 } \\ & \text { Meditation, TH } \end{array}$ | $29 \underset{\text { 9: ooStrength, }}{\text { RR }}$, 10:30 Balance Class, TH <br> 11:30 Rep. Pete Capano, TH |

TH = Town Hall
RR = Rose Marie Room, Community Center

