



EVENTS CALENDAR



2024





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>11:30 Easter Lunch, TH</p>	<p>2 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>3 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>1:30 Nun of This..., RR</p>	<p>4 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>9:30-11:30 am Fuel Assistance, TH</p>	<p>5 9:00Strength, RR 10:30 Balance Class, TH</p> <p>NVC Breakfast</p> <p>12:30-2:00pm Market Basket</p>
<p>8 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>2:30-3:30 Eclipse Party at the Library</p>	<p>9 9:00 Chair Yoga, RR</p> <p>10:15 Maple Street Bistro</p>	<p>10 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>12:30 Music After Lunch, TH</p>	<p>11 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>12:30 Real Estate Presentation, TH</p>	<p>12 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>15</p>  <p>PATRIOT DAY</p> <p>COA Kitchen Closed</p>	<p>16 10:30 Chair Exercise, TH 10:30 Chair Exercise, TH</p>	<p>17 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>9:00-11:30 Podiatrist, TH</p> <p>Blood Pressure Clinic 10:30-11:30</p>	<p>18 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>10:00-11:00am Atty Brian Snell</p>	<p>19 9:00Strength, RR 10:30 Balance Class, TH</p> <p>12:30-2:00pm Market Basket</p>
<p>22 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>1:00 Art with Erica, TH</p>	<p>23 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p> <p>11:00 Senator Crighton, TH</p>	<p>24 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>25 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>26 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>29 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>30 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>			

TH = Town Hall

RR = Rose Marie Room, Community Center