



EVENTS CALENDAR



May 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sat., May 11 NSMT "Jersey Boys" 10:15 am Departure		1 9:00 Strength, RR 10:30 Chair exercise, TH	2 9:00 Yoga, RR 10:30-11:00 Meditation, TH	3 9:00 Strength, RR 10:30 Balance Class, TH NVC Breakfast 12:30-2:00pm Market Basket
6 9:00 Strength, RR 10:30-Chair Exercise, TH	7 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	8 9:00 Strength, RR 10:30 Chair exercise, TH 12:30 Candidate Sean Reid, TH	9 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00 am –11am Hearing clinic 10:30 Tiger's Den	10 9:00 Strength, RR 10:30 Balance Class, TH 11:30 Mother's Day Luncheon, TH
13 9:00 Strength, RR 10:30-Chair Exercise, TH	14 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	15 9:00 Strength, RR 10:30 Chair exercise, TH 12:30 Music After Lunch, TH	16 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00-11:00am Atty Brian Snell	17 9:00 Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
20 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Art with Erica, TH	21 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	22 9:00 Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	23 9:00 Yoga, RR 10:30-11:00 Meditation, TH 10:00 Arnold Arboretum	24 9:00 Strength, RR 10:30 Balance Class, TH
27 COA CLOSED  MEMORIAL DAY	28 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH 12:30 Nutritionist, Ellen Goldman, TH	29 9:00 Strength, RR 10:30 Chair exercise, TH	30 9:00 Yoga, RR 10:30-11:00 Meditation, TH 12:30-2:00pm Market Basket	31 9:00 Strength, RR 10:30 Balance Memorial Day Cookout, Dory Club

TH = Town Hall

RR = Rose Marie Room, Community Center