



EVENTS CALENDAR

JUNE 2024




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>4 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>5 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>6 9:00 Yoga, RR NO MEDITATION</p>	<p>7 9:00Strength, RR 10:30 Balance Class, TH NVC Breakfast</p>
<p>10 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>12 9:00Strength, RR 10:30 Chair exercise, TH 11:00 Organ Harmony, RR</p>	<p>13 9:00 Yoga, RR NO MEDITATION 1:00 Sip and Paint, TH</p>	<p>14 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>17 9:00 Strength, RR 10:30-Chair Exercise, TH 11:30 Hong Net, TH 1:00 Art with Erica, TH</p>	<p>18 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>19  COA CLOSED</p>	<p>20 9:00 Yoga, RR 10:30-11:00 Meditation, TH JFK Library</p>	<p>21 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>24 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>25 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>26 9:00Strength, RR 10:30 Chair exercise, TH 10:30-11:30 Blood Pressure Clinic, TH 11:00 Organ Harmony, RR 12:30 Music After Lunch, TH</p>	<p>27 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>28 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket</p>
<p>SUNDAY, JUNE 23 GUYS AND DOLLS Stoneham Theatre 10:45</p>				