



# EVENTS CALENDAR

## July 2024





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>1</b> 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p><b>2</b> 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p><b>3</b> 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p><b>4</b> <b>COA CLOSED</b> </p>	<p><b>5</b> </p>
<p><b>8</b> 9:00 Strength, RR 10:30-Chair Exercise, TH  <b>11:30 Cookout, TH</b></p>	<p><b>9</b> 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p><b>10</b> 9:00Strength, RR 10:30 Chair exercise, TH <b>9:00-11:30 Podiatrist, TH</b> <b>1:00 Mystery Ride</b></p>	<p><b>11</b> 9:00 Yoga, RR 10:30-11:00 Meditation, TH  <b>10:00-11:30 Hearing Clinic, TH</b></p>	<p><b>NVC Breakfast</b> <b>12</b> 9:00Strength, RR 10:30 Balance Class, TH  <b>12:30-2:00pm Market Basket</b></p>
<p><b>15</b> 9:00 Strength, RR 10:30-Chair Exercise, TH  <b>1:00 Art with Erica, TH</b></p>	<p><b>16</b> 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p><b>17</b> 9:00Strength, RR 10:30 Chair exercise, TH  <b>10:00 Boathouse Lunch, Essex</b> <b>10:00-11:30 Blood Pressure Clinic</b></p>	<p><b>18</b> 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p><b>19</b> 9:00Strength, RR 10:30 Balance Class, TH</p>
<p><b>22</b> 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p><b>23</b> 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p><b>24</b> 9:00Strength, RR 10:30 Chair exercise, TH  <b>1:00 Sand sculptures</b></p>	<p><b>25</b> 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p><b>26</b> 9:00Strength, RR 10:30 Balance Class, TH  <b>12:30-2:00pm Market Basket</b></p>
<p><b>29</b> 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p><b>30</b> 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p><b>31</b> 9:00Strength, RR 10:30 Chair exercise, TH</p>		

**TH = Town Hall**

**RR = Rose Marie Room, Community Center**