



EVENTS CALENDAR



August 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 9:00 Yoga, RR 10:30-11:00 Meditation, TH	2 NVC Breakfast 9:00Strength, RR 10:30 Balance Class, TH
5 9:00 Strength, RR 10:30-Chair Exercise, TH	6 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	7 9:00Strength, RR 10:30 Chair exercise, TH	8 9:00 Yoga, RR 10:30-11:00 Meditation, TH	9 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
12 9:00 Strength, RR 10:30-Chair Exercise, TH	13 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	14 9:00Strength, RR 10:30 Chair exercise, TH Mystery Ride	15 9:00 Yoga, RR 10:30-11:00 Meditation, TH	16 9:00Strength, RR 10:30 Balance Class, TH JFK Library and Sullivan's
19 9:00 Strength, RR 10:30-Chair Exercise, TH	20 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	21 9:00Strength, RR 10:30 Chair exercise, TH Blood Pressure Clinic 10:30-11:30	22 9:00 Yoga, RR 10:30-11:00 Meditation, TH	23 9:00Strength, RR 10:30 Balance Class, TH 12:30-2:00pm Market Basket
26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH	28 9:00Strength, RR 10:30 Chair exercise, TH Dahlia Drive	29 9:00 Yoga, RR 10:30-11:00 Meditation, TH Essex River Cruise	30 9:00Strength, RR 10:30 Balance Class, TH

TH = Town Hall

RR = Rose Marie Room, Community Center