

# EVENTS CALENDAR

## 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 <b>COA CLOSED</b></p> 	<p>2 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>3 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>NVC Breakfast</b></p>
<p>6 9:00 Strength, RR 10:30-Chair Exercise, TH</p>	<p>7 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>8 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>9 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>9:30-11:30am LEO Fuel Assist, TH</p>	<p>10 9:00Strength, RR 10:30 Balance Class, TH</p> <p>Blood Pressure Clinic 10:45-11:45</p>
<p>13 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>1:00 Art with Erica, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>14 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>15 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>16 9:00 Yoga, RR <b>No Meditation</b></p>	<p>17 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>20 Martin Luther King, Jr.</p> <p><b>COA CLOSED</b></p> 	<p>21 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>22 9:00Strength, RR 10:30 Chair exercise, TH</p> <p><b>Music After Lunch 12::30</b></p>	<p>23 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>24 9:00Strength, RR 10:30 Balance Class, TH</p> <p><b>Manicure 10:30 am to 1:00pm</b></p>
<p>27 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>28 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>29 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>1:00 pm Mangia, Meatballs, and Murder. RR</p>	<p>30 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p> <p>11:00am Tiger's Den, LVTI</p>	<p>31 9:00Strength, RR 10:30 Balance Class, TH</p>

**TH = Town Hall**

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