

EVENTS CALENDAR

FEBRUARY 2025







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				
<p>3 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>1:00 Art with Erica, 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>9:30-11:30am LEO/Fuel Assist, , TH</p>	<p>7 NVC Breakfast 8:00-10:00</p> <p>9:00 Strength, RR 10:30 Balance Class, TH</p> <p>10:30am-1:00pm Manicures, TH</p>
<p>10 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>11 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>12 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>9:00-12:00am Podiatrist, TH</p> <p>12:30 Music After Lunch, TH</p>	<p>13 9:00 Yoga, RR NO MEDITATION</p> <p>10:30 Maple St. Bistro</p>	<p>14 9:00 Strength, RR 10:30 Balance Class, TH</p>
<p>17 COA CLOSED</p> 	<p>18 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>19 9:00Strength, RR 10:30 Chair exercise, TH</p> <p>Blood Pressure Clinic 10:45-11:30</p> <p>10:00-12:00am Hearing Clinic, TH</p>	<p>20 9:00 Yoga, RR NO MEDITATION</p> <p>10:00-11:00am Atty Brian Snell, TH</p>	<p>21 9:00 Strength, RR 10:30 Balance Class, TH</p> <p>10:30am-1:00pm Manicures, TH</p>
<p>24 9:00 Strength, RR 10:30-Chair Exercise, TH</p> <p>12:30-2:00pm Market Basket</p>	<p>25 9:00 Chair Yoga, RR 10:30 Chair Exercise, TH</p>	<p>26 9:00Strength, RR 10:30 Chair exercise, TH</p>	<p>27 9:00 Yoga, RR NO MEDITATION</p>	<p>28 9:00 Strength, RR 10:30 Balance Class, TH</p>

TH = Town Hall

RR = Rose Marie Room, Community Center