


# EVENTS CALENDAR

## MARCH 2025

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 10:30-11:00 Meditation, TH  9:30-11:30 LEO Fuel Assist, TH</p>	<p>7 <b>NVC Breakfast</b>  9:00Strength, RR 10:30 Balance Class, TH  10:00 Manicures, TH</p>
<p>10 9:00 Strength, RR 10:30-Chair Exercise, TH  1:00 Art with Erica, TH  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  12:30 Music After Lunch, TH</p>	<p>13 9:00 Yoga, RR 10:30-11:00 Meditation, TH</p>	<p>14 9:00Strength, RR 10:30 Balance Class, TH  12:30 Movie After Lunch, TH</p>
<p>17 9:00 Strength, RR 10:30-Chair Exercise, TH  11:30 St. Patrick's Day Luncheon, TH</p>	<p>18 9:00 Chair Yoga, RR  10:30 Chair Exercise, TH</p>	<p>19 9:00Strength, RR 10:30 Chair exercise, TH  9:00-12:00 Podiatrist, TH  Blood Pressure Clinic 10:45-11:30</p>	<p>20 9:00 Yoga, RR 10:30-11:00 Meditation, TH  1:00 Paint Party, TH</p>	<p>21 9:00Strength, RR 10:30 Balance Class, TH  10:00 Manicures, TH</p>
<p>24 9:00 Strength, RR 10:30-Chair Exercise, TH  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 10:30-11:00 Meditation, TH  TIGER'S DEN TIFFANY ROOM CLOSED FOR LUNCH</p>	<p>28 9:00Strength, RR 10:30 Balance Class, TH</p>
<p>31 9:00 Strength, RR 10:30-Chair Exercise, TH</p>		<p><b>Sunday, Mar. 16.</b> <b>St. Patrick's Day Revue</b> <b>Stoneham, MA</b> Purchase tickets in advance at the Tiffany Room.</p>		

TH = Town Hall

RR = Rose Marie Room, Community Center