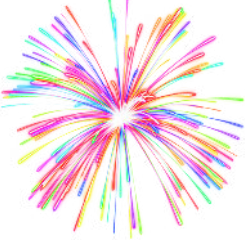


EVENTS CALENDAR

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 COA CLOSED FOR NEW YEAR'S DAY JANUARY 1 & 2, 2026	2
5 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Market Basket	6 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	7 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	8 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	9 9:00 Strength, RR 10:30 Balance, TH Manicures
12 9:00 Strength, RR 10:30-Chair Exercise, TH	13 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	14 9:00 Strength, RR 10:30-Chair Exercise, TH 1:00 Painting	15 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH Ithaki Restaurant COA Closed	16 9:00 Strength, RR 10:30-Balance, TH
19 COA Closed for MLK, Jr. Day	20 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	21 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 12:30 Music	22 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:45 Pokeno	23 9:00 Strength, RR 10:30-Balance, TH Manicures
26 9:00 Strength, RR 10:30-Chair Exercise, TH 12:45 Market Basket	27 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	28 9:00 Strength, RR 10:30-Chair Exercise, TH	29 9:00 Yoga, RR 10:30 Chair Exercise, TH 10:00 - LEO Fuel Assistance	30 9:00 Strength, RR 10:30-Balance, TH

TH = Town Hall

RR = Rose Marie Room at Community Center