



EVENTS CALENDAR

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Market Basket	3 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	4 9:00 Strength, RR 10:30 Chair Exercise, TH Podiatrist	5 Century House Restaurant Tiffany Room Closed	6 9:00 Strength, RR 10:30 Balance, TH
9 9:00 Strength, RR 10:30-Chair Exercise, TH	10 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	11 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	12 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	13 9:00 Strength, RR 10:30 Balance, TH 10:15 Line Dancing
16 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Market Basket	17 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH St. Patrick's Day Luncheon	18 9:00 Strength, RR 10:30-Chair Exercise, TH	19 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	20 9:00 Strength, RR 10:30-Balance, TH 10:15 Line Dancing
23 9:00 Strength, RR 10:30-Chair Exercise, TH	24 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	25 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Music Blood Pressure	26 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	27 9:00 Strength, RR 10:30-Balance, TH 10:15 Line Dancing
30 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Market Basket	31 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH			APRIL 3rd 10:15 Line Dancing

TH = Town Hall RR = Rose Marie Room at Community Center