



EVENTS CALENDAR

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Strength, RR 10:30 Chair Exercise, TH	2 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH July 4th Lunch	3 COA CLOSED FOR INDEPENDENCE DAY
6 9:00 Strength, RR 10:30-Chair Exercise, TH	7 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	8 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	9 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 11:30 Tall Ships Cookout at KofC	10 9:00 Strength, RR 10:30 Balance,TH
13 9:00 Strength, RR 10:30-Chair Exercise, TH	14 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	15 9:00 Strength, RR 10:30-Chair Exercise, TH	16 9:00 Yoga, RR 10:30-11:00 Chair Exercise,TH 12:30 Pokeno	17 9:00 Strength, RR 10:30 Balance,TH
20 9:00 Strength, RR 10:30-Chair Exercise, TH	21 9:00-Chair Yoga,RR 10:30-Chair Exercise, TH COA CLOSED FOR LUNCH Sand Sculptures Belle Isle Rest. Manicure	22 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 12:30 Music	23 9:00 Yoga, RR 10:30-11:00 Chair Exercise,TH Hearing Clinic 12:30 Pokeno	24 9:00 Strength,RR 10:30-Balance, TH
27 9:00 Strength, RR 10:30-Chair Exercise, TH	28 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	29 9:00 Strength, RR 10:30-Chair Exercise, TH Podiatrist	30 9:00 Yoga, RR 10:30-11:00 Chair Exercise,TH 9:30 Big Blue Bargains Thrift Store Periwinkle's Sandwich Shop	31 9:00 Strength,RR 10:30-Balance, TH

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