



EVENTS CALENDAR

August 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Strength, RR 10:30-Chair Exercise, TH	4 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	5 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	6 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	7 9:00 Strength, RR 10:30 Balance, TH
10 9:00 Strength, RR 10:30-Chair Exercise, TH	11 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	12 9:00 Strength, RR 10:30 Chair Exercise, TH	13 9:00 Yoga, RR COA CLOSED FOR LUNCH 10:30 Century House Restaurant	14 9:00 Strength, RR 10:30 Balance, TH
17 9:00 Strength, RR 10:30-Chair Exercise, TH	18 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	19 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure 12:30 Music	20 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	21 9:00 Strength, RR 10:30 Balance, TH
24 9:00 Strength, RR 10:30-Chair Exercise, TH	25 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicure	26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00 Yoga, RR COA CLOSED FOR LUNCH 9:30 Brook Casino	28 9:00 Strength, RR 10:30-Balance, TH
31 9:00 Strength, RR 10:30-Chair Exercise, TH				

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