

EVENTS CALENDAR

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Strength, RR 10:30-Chair Exercise, TH	1 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	2 9:00 Strength, RR 10:30 Chair Exercise, TH	3 COA Closed for Gloucester Dahlias Trip	4 Labor Day Party at the Knights of Columbus at 11:30 a.m.
7 COA CLOSED Happy Labor Day	8 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	9 9:00 Strength, RR 10:30 Chair Exercise, TH 12:30 Music	10 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	11 9:00 Strength, RR 10:30 Balance, TH
14 9:00 Strength, RR 10:30-Chair Exercise, TH 10:00 Mystic Medicare Workshop 12:30 SNAP	15 9:00-Chair Yoga, RR 10:30-Chair Exercise, T Manicures	16 9:00 Strength, RR 10:30-Chair Exercise, TH Blood Pressure	17 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	18 9:00 Strength, RR 10:30 Balance, TH
21 9:00 Strength, RR 10:30-Chair Exercise, TH	22 Autumn Begins 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH	23 9:00 Strength, RR 10:30-Chair Exercise, TH 12:30 Music	24 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH 12:30 Pokeno	25 9:00 Strength, RR 10:30-Balance, TH
28 9:00 Strength, RR 10:30-Chair Exercise, TH	29 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	30 9:00 Strength, RR 10:30-Chair Exercise, TH	September 27th @ 10:30 a.m. Greater Boston Stage Co. "Shear Madness"	

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