



EVENTS CALENDAR

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH	2 9:00 Strength, RR 10:30 Balance, TH
5 9:00 Strength, RR COA Closed Maple Street Bistro Field Trip	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 12:30 Pokeno	9 9:00 Strength, RR 10:30 Balance, TH
12 COA CLOSED Columbus Day & Indigenous Peoples Day!	13 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Foot Clinic Manicures	14 9:00 Strength, RR 10:30-Chair Exercise, TH	15 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH Hearing Clinic	16 9:00 Strength, RR 10:30 Balance, TH
19 9:00 Strength, RR 10:30-Chair Exercise, TH	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 12:30 Pokeno	23 9:00 Strength, RR 10:30-Balance, TH
26 9:00 Strength, RR 10:30-Chair Exercise, TH	27 9:00-Chair Yoga, RR 10:30-Chair Exercise, TH Manicures	28 9:00 Strength, RR 10:30-Chair Exercise, TH	29 9:00 Yoga, RR 10:30-11:00 Chair Exercise, TH LEO Fuel Assist.	30 9:00 Strength, RR 10:30-Balance, TH Halloween Party

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