



Full Schedule | November 13, 2023 - February 9, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
10:00a - 11:00a Cognitive Stimulation Therapy In-Person MWF Course	9:00a - 10:30a Cognitive Stimulation Therapy: Early Stage Group Virtual T/TH Course	10:00a - 11:00a Cognitive Stimulation Therapy In-Person MWF Course	9:00a - 10:30a Cognitive Stimulation Therapy: Early Stag Group Virtual T/TH Course	10:00a - 11:00a Cognitive Stimulation Therapy In-Person MWF Course
10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program	10:00a - 11:30a Support Group: Persons Living with Dementia Virtual 3rd Tuesdays	10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program	10:00a - 11:30a Yoga for Every Body In-Person TH Program *Class begins 11/30 *No Class on 12/21	10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program
10:30a - 12:00p Community Music Jam In-Person MW Program *Class begins 11/15	11:00a - 12:30p Cognitive Stimulation Therapy Virtual T/Th Course	10:30a - 12:00p Community Music Jam In-Person MW Program *Class begins 11/15	11:00a - 12:30p Cognitive Stimulation Therapy Virtual T/Th Course	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course
11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	11:00a - 1:00 Meet Up Socials In-Person 4th Tuesdays	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	11:30a - 12:30p Social Café In-Person TH Social	Fitness for Strength, Balance, & Posture In-Person MWF Program
Fitness for Strength, Balance, & Posture In-Person MWF Program	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course	Fitness for Strength, Balance, & Posture In-Person MWF Program	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course	Virtual Café Virtual F Social
11:30a - 1:00p Resilient Living Series Hybrid M Program	3:30p - 5:00p Beginners Tai Chi In-Person T/TH Program *Class begins 11/21	3:30p - 5:00p Support Group: Care Partners Virtual 2nd & 4th Wednesday	3:30p - 5:00p Beginners Tai Chi In-Person T/TH Program *Class begins 11/21	1:00p - 2:30p Cognitive Stimulation Therapy: Hope and Joy with Friends Virtual MF Course
1:00p - 2:30p Cognitive Stimulation Therapy: Hope and Joy with Friends Virtual MF Course				
1:30p - 3:00p Mindfulness for Couples In-Person M Course				