

# In-Person Schedule | November 13, 2023 - February 9, 2023

## Monday

**10:00a - 11:00a**

Cognitive Stimulation Therapy  
In-Person | MWF | Course

**10:30a - 12:00p**

Community Music Jam  
In-Person | MW | Program  
\*Class begins 11/15

**11:30p - 12:30p**

Fitness for Strength, Balance, &  
Posture  
In-Person | MWF | Program

**11:30a - 1:00p**

Resilient Living Series  
Hybrid | M | Program

**1:30p - 3:00p**

Mindfulness for Couples  
In-Person | M | Course

## Tuesday

**11:00a - 1:00**

Meet Up Socials  
In-Person | 4th Tuesdays

**1:30p - 3:00p**

Cognitive Stimulation Therapy  
In-Person | T/TH | Course

**3:30p - 5:00p**

Beginners Tai Chi  
In-Person | T/TH | Program  
\*Class begins 11/21

## Wednesday

**10:00a - 11:00a**

Cognitive Stimulation Therapy  
In-Person | MWF | Course

**10:30a - 12:00p**

Community Music Jam  
In-Person | MW | Program  
\*Class begins 11/15

**11:30p - 12:30p**

Fitness for Strength, Balance, &  
Posture  
In-Person | MWF | Program

## Thursday

**10:00a - 11:30a**

Yoga for Every Body  
In-Person | TH | Program  
\*Class begins 11/30  
\*No Class on 12/21

**11:30a - 12:30p**

Social Café  
In-Person | TH | Social

**1:30p - 3:00p**

Cognitive Stimulation Therapy  
In-Person | T/TH | Course

**3:30p - 5:00p**

Beginners Tai Chi  
In-Person | T/TH | Program  
\*Class begins 11/21

## Friday

**10:00a - 11:00a**

Cognitive Stimulation Therapy  
In-Person | MWF | Course

**11:30p - 12:30p**

Fitness for Strength, Balance, &  
Posture  
In-Person | MWF | Program