

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

Monday	Tuesday	Wednesday	Thursday	Friday
10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program	9:00a - 10:30a Cognitive Stimulation Therapy: Early Stage Group Virtual T/TH Course	10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program	9:00a - 10:30a Cognitive Stimulation Therapy: Early Stag Group Virtual T/TH Course	10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program
11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	10:00a - 11:30a Support Group: Persons Living with Dementia Virtual 3rd Tuesdays	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	11:00a - 12:30p Cognitive Stimulation Therapy Virtual T/Th Course	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course
11:30a - 1:00p Resilient Living Series Hybrid M Program	11:00a - 12:30p Cognitive Stimulation Therapy Virtual T/Th Course	3:30p - 5:00p Support Group: Care Partners Virtual 2nd & 4th Wednesday		Virtual Café Virtual F Social