



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

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