

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a - 10:00a	9:00a - 10:30a	9:00a - 10:00a	9:00a - 10:30a	9:00a - 10:0
Fitness for Every Day	Cognitive Stimulation Therapy: Early	Fitness for Every Day	Cognitive Stimulation Therapy: Early	Fitness for Even
In-Person MWF Program	Stage Group	In-Person MWF Program	Stage Group	In-Person MWF
Location TBD	In-Person T/TH Course	Location TBD	In-Person T/TH Course	Location TE
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10:15a - 11:15a	10:00a - 11:30a	10:00a - 11:00a	10:00a - 11:30a	10:00a - 12:0
Fitness for Everyday Activity	Support Group: Persons Living with	Small Group Coaching with Jenn	Abstract Painting with Carly	Intro to Pott
Virtual MWF Program	Dementia	Virtual 1st Wednesdays	In-Person Th Course	In-Person WF
	Virtual 3rd Tuesdays	*Healthy Lifestyle Graduates only	Art Studio	Art Studio
Cognitive Stimulation Therapy				
In-Person MWF Course	10:30a - 11:30a	10:00a - 12:00p	10:30a - 11:30a	10:15a - 11:
Location TBD	Cognitive Stimulation Therapy	Intro to Pottery	Yoga for Every Body	Fitness for Everyd
Community of Mindful Practice	In-Person T/Th Course *Exclusive to Residents	In-Person WF Course Art Studio	In-Person TH Course Location TBD	Virtual MWF
In-Person M Course	Location TBD	Art Studio	LOCATION TBD	Cognitive Stimulation
Location TBD	EOCUGOTI TED	10:15a - 11:15a	Cognitive Stimulation Therapy	In-Person MWF
Eocation 188	11:00a - 12:00p	Fitness for Everyday Activity	In-Person T/Th Course	Location T
11:30p - 12:30p	Brain Fitness	Virtual MWF Program	*Exclusive to Residents	
Cognitive Stimulation Therapy	In-Person T Program		Location TBD	11:30p - 12:
Virtual MWF Course	* Exclusive to outside Community	Cognitive Stimulation Therapy		Cognitive Stimulation
	Location TBD	In-Person MWF Course	11:00a - 12:30p	Virtual MWF
Fitness for Every Day Encore		Location TBD	Cognitive Stimulation Therapy: Early	
In-Person MWF Program	11:00a - 12:30p		Stage Group	Fitness for Every D
Location TBD	Cognitive Stimulation Therapy: Early	11:30p - 12:30p	Virtual T/TH Course	In-Person MWF Location TE
	Stage Group	Cognitive Stimulation Therapy		
11:30a - 1:00p	Virtual T/TH Course	Virtual MWF Course	11:30a - 12:30p	
Resilient Living Series			Social Café	Virtual Ca
Hybrid M Program Gathering Room B	11:00a - 1:00	Fitness for Every Day Encore	In-Person TH Social	Virtual F S
	Meet Up Socials	In-Person MWF Program	Gathering Room B	
	In-Person 4th Tuesdays	Location TBD		2:00p - 3:0
1:00p - 2:00p	Locations Vary		Fitness for Every Day	Fall Prevent
ntro to LiveWell's Fitness Equipment		1:30p - 3:00p	In-Person T/Th Program	In-Person WF
1:30p - 3:00p	11:30a - 12:30p	Community Music Jam	*Exclusive to Residents Location TBD	* Exclusive to outside
	Fitness for Every Day	In-Person MW Program	Location IBD	Location T
Community Music Jam	In-Person T/Th Program *Exclusive to Residents	Location TBD	1:00p - 2:30p	2:30p - 3:3
In-Person MW Program	Location TBD	Connecting with Creativity	Healthy Lifestyles w/ Kate	Friendship (
Location TBD	LOCATION TBD	In-Person MW Program	Virtual TH Course	In-Person F F
Editation 188	1:00p - 1:30p	*Exclusive to Residents	Next Start date TBD	*Exclusive to Re
Connecting with Creativity	Parkinson's Movement Clinic	Art Studio	Next Start date 155	Location T
In-Person MW Program	In-Person T Course		1:30p - 3:00p	
*Exclusive to Residents	Thrive with Parkinson's Series	2:00p - 3:00p	Cognitive Stimulation Therapy	3:30p - 4:3
Art Studio	Location TBD	Fall Prevention	In-Person T/TH Course	Beginners Ta
		In-Person WF Program	Location TBD	In-Person MWF
3:00p - 4:00p	1:00p - 2:00p	* Exclusive to outside Community		Location T
Circle of Friends	Small Group Coaching with Erica	Location TBD	2:30p - 3:30p	
In-Person MW Program	Virtual 2nd Tuesdays		Core Strength	
Location TBD	*Healthy Lifestyle Graduates only	3:00p - 4:00p	In-Person TH Program	
EXCLUSIVE TO RESIDENTS & FAMILIES		Circle of Friends	Location TBD	
	1:30p - 2:00p	In-Person MW Program		
3:30p - 4:30p	Parkinson's Movement Clinic ENCORE	Learning Lab	3:30p - 4:30p	
Beginners Tai Chi		*EXCLUSIVE TO RESIDENTS & FAMILIES	Small Group Coaching with Kate	
In-Person MWF Program	In-Person T Course		Virtual 1st Thursdays	
Location TBD	Thrive with Parkinson's Series	3:30p - 4:30p	*Healthy Lifestyle Graduates only	
	Location TBD	Beginners Tai Chi		
	4:20 2:00	In-Person MWF Program	3:30p - 5:00p	
	1:30p - 3:00p Cognitive Stimulation Therapy	Location TBD	Music Appreciation In-Person T/TH Program	
	In-Person T/TH Course	3:30p - 5:00p	Location TBD	
	Location TBD	Support Group: Care Partners	Edition 155	
	2000001125	Virtual 2nd & 4th Wednesday		
	2:00p - 3:00p	,		
	SING OUT Choir			
	In-Person T Course			
	Thrive with Parkinson's Series			
	Location TBD			
	2:00p - 3:30p			
	Healthy Lifestyles w/ Erica			
	In-Person T Course			
	Dates TBD			
	Location TBD			
	3:30p - 5:00p			
	3:30p - 5:00p Music Appreciation In-Person T/TH Program			

In-Person | T/TH | Program Location TBD

Friday 9:00a - 10:00a Fitness for Every Day In-Person | MWF | Program Location TBD

Intro to Pottery In-Person | WF | Course Art Studio 10:15a - 11:15a Fitness for Everyday Activity Virtual | MWF | Program Cognitive Stimulation Therapy In-Person | MWF | Course Location TBD 11:30p - 12:30p Cognitive Stimulation Therapy Virtual | MWF | Course Fitness for Every Day Encore In-Person | MWF | Program Location TBD Virtual Café Virtual | F | Social 2:00p - 3:00p Fall Prevention In-Person | WF | Program * Exclusive to outside Community Location TBD 2:30p - 3:30p Friendship Club In-Person | F | Program *Exclusive to Residents Location TBD 3:30p - 4:30p Beginners Tai Chi In-Person | MWF | Program Location TBD