

Events

Spring Art w Laurie

Wednesday April 16th from 3-5p we are having an Easter/Spring themed Art Social. 2:30p and 3:30p classes will be **canceled**

Mondays

[Care Partners](#)—10:00a.
[Women's Group](#)—12:30p
[Speech](#)—1:30p
[Music Therapy](#)—2:30p in person
 3:30p virtually

Tuesdays

[Grief Support Group](#)— April 1st Hybrid from 1:00p-3:00P
[Men's Group](#)—3:30-4:30 virtual
[Fine motor skills](#)- 2:30-3:20p

Wednesdays

[Dance](#)—9a virtual and in-person.
[Virtual Speaking Group](#)—1:00p-2:00p

Thursdays

[Book Club](#)—April 17th at 1:30p-2:30p
[MS Support Group](#)— April 17th from 12:00p-2:00p

Fridays

[Coffee Talk](#)—In-person
April 4th—Support Group Check in
April 11th—To Be Announced
April 18th—Cassie, DPT
April 25th – Member Spotlight: Barret H.

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Moves Boxing 11-11:50 PWR! One 12:30-1:20 One Boxing 1:30-2:20 PWR! One 2:30-3:20 Fine Motor Skills 2:30-3:20 PWR! Moves 3:30-4:30 Golf Course	2 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 9-10:50 Dance 10-10:50 PWR! Moves 11-11:50 Advanced Yoga 11-11:50 PWR! One 12:30-1:20 Seated Yoga 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing 3:30-4:20 PWR! Moves	3 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 1:30-2:20 PWR! One 2:30-3:20 Circuit Boxing	4 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 Coffee Talk 11:00-11:50 Advanced Yoga 11:30-12:20 PWR! One 12:30-1:20 PWR! One 12:30p-1:20p Seated Yoga 1-2 Moves Boxing 2-3 PWR! Moves
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