

Events

Halloween Party at Joe's Barbecue on October 24th from 3:30p-5:30p

Mondays

[Care Partners](#)—Mondays at 10a.
[Women's Group](#)—10/14 and 10/28 at 12:30p

[Speech](#)—1:30p in person

[Music Therapy](#)—2:30p in person
3:30p virtually

Tuesdays

[Grief Support Group](#)—October 1st - Hybrid

[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](#)—October 17th at 1:30p-2:30p

[MS Support Group](#)—October 17th from 12:00p-2:00p

Fridays

[Coffee Talk](#)—In-person

- October 4th—Mike Smith discussing open enrollment for insurance.
- October 18th- Emily McFadden, OT

	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 8-8:50 PWR! Circuit 9-9:50 PWR! Moves 9-9:50 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 1-2 Moves Boxing 2-3 PWR! Moves
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