

	Monday	Tuesday	Wednesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday	Friday
WHAT	Exercise	OPEN	Exercise	Exercise	Social Support	Exercise	Exercise	Movement/Dance	Social Support & Education	LUNCH Group
Description	Delay the Disease Exercise Class w/trained therapist	OPEN	Parkinson's PLUS Exercise Class	Parkinson's Exercise Class	A social gathering place that allows people experiencing memory loss and a loved one to connect, socialize and build support networks.	Delay the Disease Exercise Class w/trained therapist	Parkinson's Fitness & wellness class	Move with Me" class introduction class to movement using forms of dance and music.	Wayne County Parkinson's Network Support Group	Wayne County Parkinson's Network Group meets for lunch for conversation and fun.
Time	1:00 pm to 2:00 pm	OPEN	12:00 pm to 12:45 pm	1:00 pm to 1:45 pm	10:00 am to 1:00 pm	2:00 pm to 3:00 pm	2:30 pm to 3:30 pm	11:00 am to 12:00 pm	12:30 pm to 1:15 pm	12:00 pm to 1:30 pm
Monthly/ Weekly schedule	Every Monday	OPEN			Every Wednesday	Every Thursday	Starts on August 31st 2023	1st and 2nd Friday of each month	1st and 2nd Friday of each month	3rd Friday of each month
Cost	No cost	OPEN	Please call for cost	Please call for cost	No cost	No cost	Please call for cost	No cost	No cost	Individuals pay for their own lunch.
Location	West View Healthy Living Connections Event Center	OPEN	Health Point	Health Point	Memory Café at First Presbyterian Church	West View Healthy Living Connections Event Center	Smithville Western Care Center	First Presbyterian Church in Wooster	First Presbyterian Church in Wooster	Buehler's Towne Market
Address	1034 Country Club Dr., Wooster, OH 44691	OPEN	3727 Friendsville Rd, Wooster, OH 44691	3727 Friendsville Rd, Wooster, OH 44691	621 College Ave, Wooster, OH 44691	1034 Country Club Dr., Wooster, OH 44691	In Assisted Living @ 4138 Swanson Blvd. Wooster, OH 44691	621 College Ave, Wooster, OH 44691	621 College Ave, Wooster, OH 44691	336 N Market St. Wooster, OH 44691
Phone	330.264.8640	OPEN	330.202.3300	330.202.3300	330.264.9420	330.264.8640	330.345.2802	330.845-0948	330.845-0948	330.845-0948
Type of class	Exercise focused on balance, stability and overall fitness.	OPEN	Exercise focused on balance, stability and overall fitness.	Low intensity exercise focused on balance, stability and overall fitness.	Open to those individuals and care partners managing dementia.	Exercise in the therapy gym utilizing equipment focused on strength building, balance, stability and overall fitness.	Exercise focused on overall fitness.	Learn how movement can improve quality of life and help those with Parkinson's better manage their disease. A fun and social class to forget about your worries and just enjoy others company and music.	Providing support as needed for those who want to stay after the Move with Me Class or for those who arrive at 12:30 pm on the 1st Monday of each month. Guests speakers will be announced in advance.	This is merely a SOCIAL get together of friends within the group. ALL ARE WELCOMED at noon on the 3rd Friday of the month at Buehler's Towne Market in Wooster. <i>RSVP is needed for the lunch!!!!</i>

ANYTHING IN THE SHADED BOXES I AM ASSOCIATED WITH EITHER FROM MY PAST OR CURRENTLY, PHYLLIS JADOSH 330-845-0948 pwhite19@kent.edu