



Grand Lake Rehab Parkinson's Exercise Program 2023 Schedule

Week	Date	Time	Theme
Week 1	05/02/2023	12:30-2:00 p.m.	
Week 2	05/09/2023	12:30-2:00 p.m.	
Week 3	05/16/2023	12:30-2:00 p.m.	
Week 4	05/23/2023	12:30-1:30p.m.	<i>Support Group</i>
Week 5	05/30/2023	12:30-2:00 p.m.	
Week 6	06/06/2023	12:30-2:00 p.m.	
Week 7	06/13/2023	12:30-2:00 p.m.	
Week 8	06/20/2023	12:30-1:30p.m.	<i>Support Group –</i>
Week 9	06/27/2023	12:30-2:00 p.m.	
	07/04/2022		OFF for 4 th of July Holiday
Week 10	07/11/2023	12:30-2:00 p.m.	
Week 11	07/18/2023	12:30-2:00 p.m.	
Week 12	07/25/2023	12:30-1:30p.m.	<i>Support Group – Sue Wiseman – Dietitian</i>
Week 13	08/01/2023	12:30-2:00 p.m.	
Week 14	08/08/2023	12:30-2:00 p.m.	
Week 15	08/15/2023	12:30-2:00 p.m.	