

August 2026



PARKINSON'S PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Support Groups are biweekly on Mondays & Fridays via Zoom Purple = Carrollwood Location 3919 Moran Rd Tampa, FL 33618 Blue = Shanna & Bryan Glazer JCC 522 N Howard Ave Tampa, FL 33606 Green = Virtual on Zoom, Meeting ID provided by Pnina					1	2
3 11:00 AM Let's Move-Stretch + Virtual 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual 6:00 PM Power Hour	4 10:30 AM Fine Motor Skills & Handwriting Workshop 12:00 PM Art Viewing 12:30 Chair Yoga 1:00 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	5 10:00 AM Rock Steady Boxing 10:00 AM Let's Move- Stretch 11:00 AM Rock Steady Boxing 1:30 PM Pop-Up PD Ping Pong 2:30 PM PD Wave AquaFit	6 10:15 AM Brain Games 12:00 PM BIG for LIFE 1:00 PM Parkinson's Cycling 1:00 PM Parkinson's Cycling 2:00 Pop-Up PD Ping Pong	7 11:30 AM Tai Chi 1:30 PM Rock Steady Boxing	8	9
10 11:00 AM Let's Move-Stretch + Virtual 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual 6:00 PM Power Hour	11 10:30 AM Fine Motor Skills & Handwriting Workshop 12:30 Chair Yoga 1:00 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	12 10:00 AM Rock Steady Boxing 10:00 AM Let's Move- Stretch 11:00 AM Rock Steady Boxing 1:30 PM Pop-Up PD Ping Pong 2:30 PM PD Wave AquaFit	13 10:15 AM Brain Games 12:00 PM BIG for LIFE 1:00 PM Parkinson's Cycling 1:00 PM Parkinson's Cycling 2:00 Pop-Up PD Ping Pong	14 11:30 AM Tai Chi 1:30 PM Rock Steady Boxing	15	16
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24 11:00 AM Let's Move-Stretch + Virtual 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual 6:00 PM Power Hour	25 10:30 AM Fine Motor Skills & Handwriting Workshop 12:30 Chair Yoga 1:00 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	26 10:00 AM Rock Steady Boxing 10:00 AM Let's Move- Stretch 11:00 AM Rock Steady Boxing 12:00 Lunch and Learn: Medical Marijuana & PD 2:30 PM PD Wave AquaFit	27 10:15 AM Brain Games 12:00 PM BIG for LIFE 1:00 PM Parkinson's Cycling 1:00 PM Parkinson's Cycling 2:00 Pop-Up PD Ping Pong	28 11:30 AM Tai Chi 1:30 PM Rock Steady Boxing	29	30