October 2026

Tampa Jewish Community Centers & Federation — Better Together

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		RSVP Philip Shayman Lunch and Learn: PPMI and the Future of Parkinson's Care Wed. Oct 21	1 10:15 AM Brain Games 11:30 AM Parkinson's Cycling 12:00 PM BIG for LIFE 12:30 PM MOVE BIG 1:00 PM Parkinson's Cycling 2:00 Pop-Up PD Ping Pong	2 11:30 AM Tai Chi + Virtual 1:30 PM Rock Steady Boxing	3	4
5 11:00 AM Let's Move-Stretch + Virtual 12:30 PM Pilates for Parkinson's 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual	6 10:15 AM Fine Motor Skills & Handwriting Workshop 11:30 AM Rock Steady Boxing 12:00 PM Art Viewing 12:30 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	7 10:00 AM Rock Steady Boxing 11:00 AM Rock Steady Boxing 1:30 PM Pop-Up PD Ping Pong 2:00 PM Small Group Fitness 2:30 PM PD Wave AquaFit 6:15 PM Power Hour	8 10:15 AM Brain Games 11:30 AM Parkinson's Cycling 12:00 PM BIG for LIFE 12:30 PM MOVE BIG 1:00 PM Parkinson's Cycling 2:00 PM Pop-Up PD Ping Pong	9 11:30 AM Tai Chi + Virtual 1:30 PM Rock Steady Boxing	10	11
12 11:00 AM Let's Move-Stretch + Virtual 12:30 PM Pilates for Parkinson's 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual	13 10:15 AM Fine Motor Skills & Handwriting Workshop 11:30 AM Rock Steady Boxing 12:30 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	14 10:00 AM Rock Steady Boxing 11:00 AM Rock Steady Boxing 1:30 PM Pop-Up PD Ping Pong 2:00 PM Small Group Fitness 2:30 PM PD Wave AquaFit 6:15 PM Power Hour	15 10:15 AM Brain Games 11:30 AM Parkinson's Cycling 12:00 PM BIG for LIFE 12:30 PM MOVE BIG 1:00 PM Parkinson's Cycling 2:00 PM Pop-Up PD Ping Pong	16 11:30 AM Tai Chi + Virtual 1:30 PM Rock Steady Boxing	17	18
19 11:00 AM Let's Move-Stretch + Virtual 12:30 PM Pilates for Parkinson's 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual	20 10:15 AM Fine Motor Skills & Handwriting Workshop 11:30 AM Rock Steady Boxing 12:30 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	21 10:00 AM Rock Steady Boxing 11:00 AM Rock Steady Boxing 12:00 PM Philip Shayman Lunch & Learn: PPMI is Personal 2:00 PM Small Group Fitness 2:30 PM PD Wave AquaFit 6:15 PM Power Hour	22 10:15 AM Brain Games 11:30 AM Parkinson's Cycling 12:00 PM BIG for LIFE 12:30 PM MOVE BIG 1:00 PM Parkinson's Cycling 2:00 PM Pop-Up PD Ping Pong	23 11:30 AM Tai Chi + Virtual 1:30 PM Rock Steady Boxing	24	25
26 11:00 AM Let's Move-Stretch + Virtual 12:30 PM Pilates for Parkinson's 1:30 PM Rock Steady Boxing 3:00 PM Tremble Clefs + Virtual	27 10:15 AM Fine Motor Skills & Handwriting Workshop 11:30 AM Rock Steady Boxing 12:30 PM Rock Steady Boxing 1:30 PM Rock Steady Boxing 2:30 PM Mindful Breathing & Meditation + Virtual	28 10:00 AM Rock Steady Boxing 11:00 AM Rock Steady Boxing 1:30 PM Pop-Up PD Ping Pong 2:00 PM Small Group Fitness 2:30 PM PD Wave AquaFit 6:15 PM Power Hour	29 10:15 AM Brain Games 11:30 AM Parkinson's Cycling 12:00 PM BIG for LIFE 12:30 PM MOVE BIG 1:00 PM Parkinson's Cycling 2:00 PM Pop-Up PD Ping Pong	30 11:30 AM Tai Chi + Virtual 1:30 PM Rock Steady Boxing	31	