

2026 October



Located at 9687 Kenwood Road, Blue Ash, Ohio 45242
Mailing Address: 4914 Cooper Rd, P.O. Box 428805, Cincinnati, OH 45242

(513) 793-6683

Open

Mon/Wed: 10:00-1:45
Tu: 10:00-2:45; Th: 9:00-2:45
Fri: 9:00-12:45; Sat: 10:00-11:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARKINSON DISEASE MOVE IT OR LOSE IT Fighting with Exercise Denotes Presentation or Special Event (Please Sign Up at Front Desk)	Senior Care Partners Local Senior Care Advisors A Better Approach to MEMORY CARE	abbvie CINCINNATI REHABILITATION HOSPITAL	1 9:00-9:45 ADV Balance Basics Gretchen 10:00-10:45 ADV Cardio Drumming Joelle 11:00-11:45 ADV Strength Joelle 12:00-12:45 FD - Total body Theresa 12:00-12:45 Girl Talk 1:00-1:45 Cornhole Tournament John 2:00-2:45 Cognitive Skills Jeanie	2 9:00-9:45 Elite Boxing Theresa 9:45-10:15 Elite Core on the Floor Theresa 11:00-11:45 FD Cardio Joelle 12:00-12:45 FD Strength & Stretch John	3
5	6	7	8	9	10
10:00-10:45 Elite Stretch Joelle 11:00-11:45 Elite Cardio Joelle 12:00-12:45 Chair Yoga April 1:00-1:45 FD Cardio Joelle	10:00-10:45 Elite Strength Circuit Jennifer 11:00-11:45 ADV Strength Circuit Jennifer 12:00-12:45 FD Strength Jennifer 1:00-1:45 Chair Volleyball John 2:00-2:45 Hands On - L/V Jeanie 3:00-3:45 Speak Out! Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer	10:15-10:45 Elite Floor Stretch Lisa 11:00-11:45 Elite- Total body Lisa 12:00-12:45 Chair Yoga April 1:00-1:45 FD-Cardio & Coordination Theresa 12 - 3pm - Donna Burnett - Counseling Services Available email directly to schedule: spnrgri@hotmail.com	9:00-9:45 ADV Balance Basics Gretchen 10:00-10:45 ADV Cardio Drumming Joelle 11:00-11:45 ADV Strength Joelle 12:00-12:45 FD - Total body Theresa 12:00-12:45 Girl Talk 1:00-1:45 Cornhole Tournament John 2:00-2:45 NO CLASS Jeanie	9:00-9:45 Elite Boxing Theresa 9:45-10:15 Elite Core on the Floor Theresa 11:00-11:45 FD Cardio Joelle 12:00-12:45 FD Strength & Stretch John	10:00-10:45 ADV Balance Basics Gretchen 11:00-11:45 FD - Total body Gretchen
12	13	IT'S SHUFFLE TIME! 14	15	Day sponsored by Abbvie 16	17
10:00-10:45 Elite Stretch Joelle 11:00-11:45 Elite Cardio Joelle 12:00-12:45 Chair Yoga April 1:00-1:45 FD Cardio Joelle 11am-1:30pm -- Ask a Nurse With Maureen Gartner	10:00-10:45 Elite Strength Circuit Jennifer 11:00-11:45 ADV Strength Circuit Jennifer 12:00-12:45 FD Strength Jennifer 1:00-1:45 Chair Volleyball John 2:00-2:45 Hands On - L/V Jeanie 3:00-3:45 Speak Out! Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer	10:15-10:45 Elite Floor Stretch Lisa 11:00-11:45 Elite- Total body Lisa PCF will close at noon in honor of tonight's event!	9:00-9:45 ADV Balance Basics Gretchen 10:00-10:45 ADV Cardio Drumming Joelle 11:00-11:45 ADV Strength Joelle 12:00-12:45 FD - Total body Theresa 12:00-12:45 Girl Talk 1:00-1:45 Cornhole Tournament John 2:00-2:45 Cognitive Skills Jeanie	9:00-9:45 Elite Boxing Theresa 9:45-10:15 Elite Core on the Floor Theresa 11:00-11:45 FD Cardio Joelle 12:00-12:45 FD Strength & Stretch John	
19	20	Day sponsored by Cinci Rehab 21	22	23	24
10:00-10:45 Elite Stretch Jennifer 11:00-11:45 Elite Cardio Jennifer 12:00-12:45 Chair Yoga April 1:00-1:45 FD Cardio Jennifer 7pm -- Pleasant Ridge Support Group	10:00-10:45 Elite Strength Circuit Jennifer 11:00-11:45 ADV Strength Circuit Jennifer 12:00-12:45 FD Strength Jennifer 1:00-1:45 Chair Volleyball John 2:00-2:45 Hands On - L/V Jeanie 3:00-3:45 Speak Out! Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer	10:15-10:45 Elite Floor Stretch Lisa 11:00-11:45 Elite- Total body Lisa 12:00-12:45 Chair Yoga April 1:00-1:45 FD-Cardio & Coordination Theresa 12 - 3pm - Donna Burnett - Counseling Services Available email directly to schedule: spnrgri@hotmail.com 2pm- Caregiver Support Group Members only	9:00-9:45 ADV Balance Basics Gretchen 10:00-10:45 ADV Cardio Drumming Jenna 11:00-11:45 ADV Strength Jenna 12:00-12:45 FD - Total body Theresa 12:00-12:45 Girl Talk 1:00-1:45 Cornhole Tournament John 2:00-2:45 Cognitive Skills Jeanie	9:00-9:45 Elite Boxing Theresa 9:45-10:15 Elite Core on the Floor Theresa 11:00-11:45 FD Strength & Stretch John	10:00-10:45 ADV Cardio Blast Jenna 11:00-11:45 FD - Total body Jenna
26	27	28	29	30	31
10:00-10:45 Elite Stretch Joelle 11:00-11:45 Elite Cardio Joelle 12:00-12:45 Chair Yoga April 1:00-1:45 FD Cardio Joelle	10:00-10:45 Elite Strength Circuit Jennifer 11:00-11:45 ADV Strength Circuit Jennifer 12:00-12:45 FD Strength Jennifer 1:00-1:45 Chair Volleyball John 2:00-2:45 Hands On - L/V Jeanie 3:00-3:45 Speak Out! Mt. St. Joe 2:00-2:45 Carepartner Workout Jennifer 2pm - Ask a Dementia Specialist with Teresa Youngstrom	10:15-10:45 Elite Floor Stretch Lisa 11:00-11:45 Elite- Total body Lisa 12:00-12:45 Chair Yoga April 1:00-1:45 FD-Cardio & Coordination Theresa	9:00-9:45 ADV Balance Basics Gretchen 10:00-10:45 ADV Cardio Drumming Joelle 11:00-11:45 ADV Strength Joelle 12:00-12:45 FD - Total body Theresa 12:00-12:45 Girl Talk 1:00-1:45 Cornhole Tournament John 2:00-2:45 Cognitive Skills Jeanie	9:00-9:45 Elite Boxing Theresa 9:45-10:15 Elite Core on the Floor Theresa 11:00-11:45 FD Cardio Joelle 12:00-12:45 FD Strength & Stretch John 1pm: Presentation and lunch Linda Shaw Senior Care Partners	
Key:	FD = Target Foundations Open to All	ADV = Target Advanced Open to Elite	Elite = Only Elite	Carepartner Only Activities	L/V = Live (in Person) & Virtual (Connect via video link)

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