



Grand Lake Rehab Parkinson's Exercise Program 2025 Schedule

Week	Date	Time	Theme
Week 1	01/08/2025	12:30-2:00 p.m.	Goal Setting – What is BIG & LOUD?
Week 2	01/15/2025	12:30-2:00 p.m.	Hat day
Week 3	01/22/2025	12:30-2:00 p.m.	Freezing, Falls, & Mobility
Week 4	01/29/2025	12:30-2:00p.m.	<i>Support Group – Angela McAuley Mary Ratan – Colonic massage</i>
Week 5	02/05/2025	12:30-2:00 p.m.	Super Bowl
Week 6	02/12/2025	12:30-2:00 p.m.	Valentine's Day
Week 7	02/19/2025	12:30-2:00 p.m.	Arts & Crafts
Week 8	02/26/2025	12:30-2:00p.m.	<i>Support Group – Sara JTDMH Pharmacy</i>
Week 9	03/05/2025	12:30-2:00 p.m.	Stress management / Yoga / Tai Chi
Week 10	03/12/2025	12:30-2:00 p.m.	Plant a Flower Day
Week 11	03/19/2025	12:30-2:00 p.m.	Let's dance!
Week 12	03/26/2025	12:30-2:00p.m.	<i>Support Group</i>
Week 13	04/02/2025	12:30-2:00 p.m.	Game day
Week 14	04/09/2025	12:30-2:00 p.m.	Assessment – Do I need a tune-up?
Week 15	04/16/2025	12:30-2:00 p.m.	Living My Best Life

This program is supported by a community grant from the Parkinson's Foundation.



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REHAB AND WELLNESS



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Week	Date	Time	Theme
Week 1	05/07/2025	12:30-2:00 p.m.	Exercise and the Brain
Week 2	05/14/2025	12:30-2:00 p.m.	Gardening
Week 3	05/21/2025	12:30-2:00 p.m.	Table Tennis
Week 4	05/28/2025	12:30-2:00p.m.	<i>Support Group – Trena Chiles, Auglaize County Council on Aging</i>
Week 5	06/04/2025	12:30-2:00 p.m.	Scavenger Hunt
Week 6	06/11/2025	12:30-2:00 p.m.	Golf
Week 7	06/18/2025	12:30-2:00 p.m.	Planning a trip to the fair
Week 8	06/25/2025	12:30-2:00p.m.	<i>Support Group – Johanna Bruggeman , PT, DPT; Lolek Neurological Rehab, Rock Steady Boxing</i>
Week 9	07/02/2025	12:30-2:00 p.m.	Fourth of July – picnic fun
Week 10	07/09/2025	12:30-2:00 p.m.	Trivia: Everything you need to know about PD
Week 11	07/16/2025	12:30-2:00 p.m.	Bowling
Week 12	07/23/2025	12:30-2:00p.m.	<i>Support Group – Estate Planning & Law Durnell Maier Law</i>
Week 13	07/30/2025	12:30-2:00 p.m.	Farmer's Market
Week 14	08/06/2025	12:30-2:00 p.m.	"How is your exercise going? " Let's re-check your goals.
Week 15	08/13/2025	12:30-2:00 p.m.	Ice cream social

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