2026

BREAKFAST & LUNCH | MEDICATION MANAGEMENT | ONE PERSON TRANSFER | SUPPORT GROUPS | ACTIVITIES WITH PEERS | HEALTHY SNACKS

FREE Support Groups & Educational Classes

At University & Lockwood Ridge Rd.



1st Tuesday (3 PM - 4 PM)
Virtual Parkinson's Support Group

2nd Monday (6 PM - 7 PM)
Virtual Adult Caregiver Support Group

2nd & 4th Tuesday (2:30 PM - 4 PM)
Dementia/ALZ Support Group

2nd Thursday (9:30 AM - 10:30 AM)
Grief & Loss Support Group

3rd Tuesday (2:30 PM - 4 PM)
Younger Onset Support Group

3rd Thursday (2:30 PM - 4 PM)
Men's Group

3rd Wednesday (9 AM - 10 AM)
Memory Cafe

3rd Wednesday (3 PM - 4 PM)
Educational Class

FREE groups with FREE respite for caregivers!

Call & RSVP
941-277-5048

Available Resources

- Senior care staff trained in dementia & geriatric care
- Variety of daily activities
- FREE educational classes, support groups & events
- Barber & hair salon
- Shower & lab services

Only Medical Model in Town

- Free cognitive, physical & depression assessments
- Medication assistance
- Behavioral & psychiatric services by Gulfside Behavioral Care NP
- Primary care services
- by Coastal Senior Healthcare
- Physical, occupational
- & speech therapies

Join the Club, more events available...

Town SQUARE
ADULT DAY CENTER
University Parkway

NOVEMBER calendar

FREE

HEALTH EXPO - NOVEMBER 7TH FROM 10 AM TO 3 PM

This year's Health Expo is bigger and better than ever! We are offering 100 vendors for guests to explore. These vendors offer medical services, products, and screenings.

We are featuring educational presentations that benefit our members, caregivers, and the community as a whole. These sessions will cover the following topics:

- Expert Panel: Addressing Cognitive Decline & Q&A
- Caregiver Bootcamp & Road Map — Class 1 of a 2-Part Series
- What Stage Is My Loved One In, & What Comes Next? — Class 2 of a 2-Part Series

Top Chef Competition-
Enjoy free food by some of the community's best chefs in the industry. Sample their offerings and vote for this year's champion!

The Dementia Live Experience allows caregivers to experience what it would be like to have a cognitive impairment. This interactive workshop enables you to put yourself in your loved one's shoes.

Respite was available on a first come first serve basis. THIS IS SOLD OUT.

We look forward to seeing each and every one of you there for this amazing annual event!

FRIENDSGIVING THEME WEEK-

Town Square will be honoring the Thanksgiving holiday on the three days leading up to Turkey Day, Monday 11/23 through Wednesday 11/25. We will discuss the rich history of this special day, reminisce about family traditions, test our Thanksgiving knowledge with fun trivia, and gather to express gratitude for our amazing friends, families, and community.

CELEBRATIONS - NOVEMBER CELEBRATIONS

- 11/2: Bill G.
- 11/4: Bart C.
- 11/5: Richard F.
- 11/10: John D.
- 11/14: Michael J.
- 11/15: Betty C.
- 11/19: Jerry C.
- 11/29: Robert S.

SAVE THE DATE

- Town Square is **closed all day on Thanksgiving**. If your loved one is regularly scheduled to attend on Thursday, please call the center to schedule a makeup day proactively.
- Veterans are honored every morning with the National Anthem to start our morning programs
- Full list of recurring events on the back, please call the center for more information

941-277-5048
www.townsquare.net/universityparkway

8450 Lockwood Ridge Rd.
Sarasota, FL 34243

NOVEMBER

Town SQUARE University Parkway

CALENDAR KEY

- HOLIDAY/CLOSED
- SENIOR BREAKFAST
- SUPPORT GROUPS
- FREE EDUCATION
- MODIFIED HOURS

MONTHLY MENU

- CHICKEN SALAD CHICK
- DUFFY'S
- MISSION BBQ
- ITALIAN (PIZZA OR PASTA)
- CHINA TASTE
- METRO DINER
- CHICK FIL A
- TOWN SQUARE KITCHEN
- POBLANOS

LOCATION KEY

Art Studio	AS
Garden Shop	GS
Library	LB
Little Blue House	LBH
Rec Center	RC
Rosie's Diner	RD
Spinners Music	SM
Starlite Theater	ST

MON	TUE	WED	THU	FRI
2 10:00 Dancing with Donald (GP) 11:00 Fall Foliage Wreath Making (GS) 1:15 Headbandz (AS) 2:00 Pokeno (RD) 2:00 Town Sq Choir Club (ST) 3:00 Best of Creedance Clearwater Revival (SM) 4:00 Movement & Music (ST)	**3** 10:00 Yoga (ST) 10:30 Music w/ Bobby & Brenda (GP) 11:30 Giant Tic-Tac-Toe & Finish the Phrase (LBH) 1:15 Cultural Class- Iceland (LB) 2:00 Toss A Tune (SM) 3:00 Fact or Fiction Game (RD) 4:00 Ball Toss (GP)	**4** 10:00 Card Games & Magnet Chess (RC) 11:00 Volleyball & Trivial Pursuit Trivia(GP) 1:15 Art with Brittany (AS) 2:00 Ukulele Club (SM) 3:00 Meditation Session w/ LeeAnne (ST) 4:00 Word Games (GP)	**5** 10:00 Exercise (ST) 11:00 Bingo Bonanza (RC) 1:15 Movie Matinee (ST) 2:00 Masters Golf & Conversation Cards (GP) 3:00 Happy Hour (RD) 4:00 Dance Party (ST)	**6** 10:00 Pilates (ST) 10:30 Music with Barry (GP) 11:30 Spanish Class (LB) 1:15 Record Collection Review (LBH) 2:00 Veterans Club (ST) 3:00 Remote Control Cars (GP) 4:00 Scattegories (RD)
9 10:00 Tai Chi (ST) 10:30 Music with Larry (GP) 11:30 Scrabble & Checkers (RC) 1:15 Horseshoes (GP) 2:00 Bingo (RD) 2:00 Town Sq Choir Club (ST) 3:00 Garden Watering (GS) 4:00 Trivia (ST)	**10** 10:00 Art with Brittany (AS) 11:00 DrumFit Exercise & Name That Tune (SM) 1:15 Spanish Class (LB) 2:00 Favorite Homemade Meal Reminiscence (LBH) 3:00 Happy Hour (RD) 4:00 Word Games (GP)	**11** 10:00 Nov.IQ Quiz & Cornhole (GP) 11:00 Giant Jenga & Poker (RC) 1:15 Veterans Day Parade & Ceremony (GP) 2:00 TS Monthly Birthday Party (RD) 3:00 Art Curator For The Day(AS 4:00 Dance Party (ST)	**12** 10:00 Exercise (ST) 11:00 TS Garden Scavenger Hunt (GS) 1:15 Movie Matinee (ST) 2:00 Croquet & Would You Rather? (GP) 3:00 Pokeno (RD) 4:00 Movement & Music (ST)	**13** 10:00 Stretching (ST) 10:30 Music w/ Bobby Brenda (GP) 11:30 Cultural Class- Madagascar (LB) 1:15 Floor Basketball (SM) 2:00 Veterans Club (ST) 3:00 Bocce Ball (GP) 4:00 Name 5 (RD)
16 10:00 Member Council (LB) 11:00 Pilates & Musical Instruments A to Z(SM) 1:15 Quisi Matching Game (AS) 2:00 Bingo (RD) 2:00 Town Sq Choir Club (ST) 3:00 Giant Lawn Pong (GP) 4:00 Dance Party (ST)	**17** 10:00 Noodle Hockey & Corny Jokes (GP) 11:00 Art with Brittany (AS) 1:15 Cultural Class- Lebanon (LB) 2:00 Accordion Music with Jim (ST) 3:00 Pictionary (RD) 4:00 Ball Toss (GP)	**18** 9:30 Music w/ Robert (GP) 10:30 Bingo Bonanza (RC) 11:30 Manatee Library Lobby Stop(GS) 1:15 Leaves of Legacy (AS) 2:00 Ukulele Club (SM) 3:00 Google Earth: Great Barrier Reef (LB) 4:00 Word Games (GP)	**19** 10:00 Exercise (ST) 11:00 Genius Squares & Giant Connect Four (RC) 1:15 Movie Matinee (ST) 2:00 Frisbee Golf & Taboo (GP) 3:00 Happy Hour (RD) 4:00 Meditation Session (ST)	**20** 10:00 DrumFit Exercise & Toss A Tune (SM) 11:00 Spanish Class & Table Hockey (LB) 1:15 Family Heirloom Reminiscence (LBH) 2:00 Veterans Club (ST) 3:00 Remote Control Cars (GP) 4:00 Apples to Apples Game (RD
23 10:00 Dancing with Donald (GP) 11:00 Turkey Day Trivia & Uno Card Game (RC) 1:15 Thanksgiving Word Mining (GP) 2:00 Pokeno (RD) 2:00 Town Sq Choir Club (ST) 3:00 What's That Smell? (GS) 4:00 Movement & Music (ST)	**24** 10:00 Art with Brittany (AS) 11:00 Stretching & Name That Musician (SM) 1:15 Cultural Class-Seminole Native American Tribe (LB) 2:00 Giant Stacking Game(GP) 3:00 Friendsgiving Happy Hour (RD) 4:00 Thanksgiving Word Games (GP)	**25** 10:00 Yoga & Match Madness (RC) 11:00 Turkey Day Tradions Reminiscence (LBH) 1:15 History of Thanksgiving(LB) 2:00 Friends & Family Playlist (SM) 3:00 Art Book Scavenger Hunt (AS) 4:00 Meditation Session (ST)	**26** *Center Closed for the Thanksgiving Holiday*	**27** 10:00 Exercise (ST) 11:00 Build a Zen Garden(GS) 1:15 Movie Matinee (ST) 2:00 Soccer Shoot Out & Cornhole (GP) 3:00 Wheel of Fortune (RD) 4:00 Dance Party (ST)
30 10:00 Pilates (ST) 10:30 Music with Rick (GP) 11:30 Shuffleboard (RC) 1:15 Rock Collection ID (GS) 2:00 Bingo (RD) 2:00 Town Sq Choir Club (ST) 3:00 Frisbee Golf (GP) 4:00 Trivia (ST)				

DID YOU KNOW???

The holidays can be one of the most challenging times of the year for caregivers. Changes in routine, family visiting from out of town, travel, busy schedules, and heightened expectations can increase confusion, anxiety, and behavioral changes for individuals living with dementia. While the holidays bring joy for many, they can also be a reminder of loss and changing abilities for others. That's why Town Square University Parkway offers free monthly support groups and educational classes to help caregivers prepare, connect with others, and navigate these challenges with confidence. Free respite care is available for those who RSVP, so we encourage you to be proactive and take advantage of the support and resources available to you.