

LiveWell Resilient Living Courses

Spring 2022 - Starting April 18th



Fitness for Balance (NEW!)

Mon & Wed: 10:00am - 11:00am (Virtual)
Tues & Thurs: 10:00am - 11:00am (Virtual)
Fall in love with fitness through a low impact sitting and standing class



Finding Your Creative Flow Through Art

Tues & Thurs: 11:15am - 12:15pm (SoCCA)
Tues & Thurs: 1:30pm - 2:30pm (Virtual)
Explore different methods and materials to make art that feels authentic and beautiful



Wellness Your Way (NEW!)

Mon & Wed: 1:30pm - 2:30pm (YMCA)
Work toward health goals and gain strength and endurance at any fitness level



Compassionate Self-Care for the Care Partner (NEW!)

Wed: 9:00am - 10:00am (Virtual)
Practice self-care yoga to help relax, stretch, and strengthen your muscles



Gentle Yoga (NEW!)

Wed: 11:30am - 12:30pm (YMCA)
Reduce stress and tension in your body



Virtual Café *

Thurs: 11:15am - 12:15pm (Virtual)
Fri: 11:15am - 12:15pm (Virtual)
Share in a supportive space with others impacted by dementia for lighthearted conversation and new friendships



Tai Chi

Mon & Wed: 2:45pm - 3:45pm (YMCA)
Learn about the body and movement in new and refreshing ways



Virtual Care Partner Support Group *

2nd & 4th Wed: 3:30pm - 5:00pm (Virtual)
Gather virtually with care partners of those living with dementia and gain a supportive network of peers



Tap Into Sound: Tools for Making Music

Mon & Wed: 4:00pm - 5:00pm (YMCA)
Explore making music alone and together using different instruments, objects, and voices



Resilient Living *

Fri: 10:00am - 11:15am (Hybrid)
Gain an understanding of dementia and practical ways to adapt and become more resilient

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Introduction to Mindfulness (NEW!)

Mon: 1:30pm - 2:30pm (YMCA)

Cultivate an awareness of the present moment with openness, curiosity, and patience



Mindfulness for Couples (NEW!)

Tues: 1:30pm - 2:30pm (SoCCA)

Identify and cultivate mindful practices that support resilience



Mind Matters: Cognitive Stimulation Therapy (CST)

Mon & Wed: 11:15am - 12:15pm (Virtual)

Tues & Thurs: 10:00am - 11:00am (SoCCA)

Stimulate thinking and memory and connect with others in a social and relaxed atmosphere



Mind Matters: Next Steps

Mon: 1:30pm - 2:30pm (Virtual)

Wed: 1:30pm - 2:30pm (Virtual)

Continue CST: Debate current news articles and engage in cognitively stimulating activities



Brain Fitness

Wed: 1:30pm - 2:30pm (YMCA)

Learn strategies to exercise the six major domains of the brain

(NEW!)

Wellness Packages

Fuel your healthy habits with the opportunity to create wellness packages! Examples include:

Mind/Body/Spirit Package:

Mon & Wed: 1:30pm - 5:00pm

Wellness Your Way/Tai Chi/Tap Into Sound

Golden Brain Package:

Tues & Thurs: 10:00am - 12:30pm

Mind Matters: CST/Creative Flow Through Art

Virtual Mind/Body Package:

Mon & Wed: 10:00am - 12:30pm

Fitness For Balance/ Mind Matters: CST

To design your own wellness package, contact our support staff at 860.628.9000

* These courses are offered on an ongoing basis for free. All other courses are offered for 10 weeks on sliding scale fee schedule.

To learn more or register,
please visit us at
livewell.org/learning-with-us