



### Community Music Jam

October 10th

11:15am - 12:15pm

(YMCA Spirit, Mind, & Body Center)

Make music together using different instruments, objects, and voices

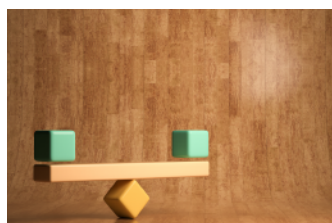


### Virtual Support Group for Persons Living With Cognitive Change **New!**

**Free & Ongoing**

3rd Tues: 10:00am - 11:00am (Virtual)

Gather with others living with dementia or cognitive change and gain a supportive network of peers



### Fitness for Balance

October 11th

11:15am - 12:15pm (Virtual)

Fall in love with fitness through a low impact sitting and standing class



### Virtual Care Partner Support Group

**Free & Ongoing**

2nd & 4th Wed: 3:30pm - 5:00pm (Virtual)

Gather with care partners of those living with dementia or cognitive change and gain a supportive network of peers



### Eating For Brain Health

October 12th

11:15am - 12:15pm

(YMCA Spirit, Mind, & Body Center)

Discover healthy eating and lifestyle ideas that feel manageable and easy to adopt



### Virtual Café

**Free & Ongoing**

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



### Getting Started With Mindfulness

October 13th

11:15am - 12:15pm (Virtual)

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



### Resilient Living Education Series

**Free & Ongoing**

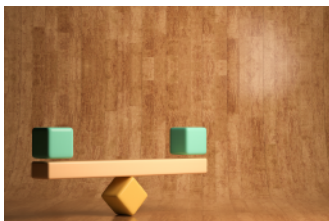
Mon: 1:00pm - 2:15pm (Virtual)

Gain an understanding of dementia and practical ways to adapt and become more resilient

**To learn more or register**  
**[livewell.org/learning-with-us](https://livewell.org/learning-with-us)**

**860.628.9000**

(Various pricing options available)



### Fitness for Balance

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



### Fitness Coaching

Mon & Wed: 1:00pm - 2:00pm  
(YMCA Spirit, Mind, & Body Center)  
Work toward health and fitness goals with a personal trainer (for every fitness level)



### Tai Chi

Tue & Thurs: 11:15am - 12:15pm (Virtual)  
Learn about the body and movement in new and refreshing ways



### Finding Your Creative Flow Through Art

Mon & Wed: 1:00pm - 2:00pm (Virtual)  
Explore different methods and materials to make art that feels authentic and beautiful



### Mind Matters: Cognitive Stimulation Therapy (CST)

Mon & Wed: 11:15am - 12:15pm (Virtual)  
Tues & Thurs: 10:00am - 11:00am (Virtual)  
Stimulate thinking and memory and connect with others in a social and relaxed atmosphere



### CST: Music Therapy for Brain Health

Tues & Thurs: 1:00pm - 2:00pm (Virtual)  
Use the power of music to spark brain function, connection, confidence, and self-esteem



### Brain Fitness

Wed: Time 2:15pm - 3:15pm  
(YMCA Spirit, Mind, & Body Center)  
Learn strategies to exercise the six major domains of the brain



### Travel Tours

Mon & Wed 2:30pm - 3:30pm  
(YMCA Spirit, Mind, & Body Center)  
Enjoy this virtual interactive experience highlighting the cultures of destinations near and far



### Mindfulness for Couples

Mon: 2:15pm - 3:45pm  
(YMCA Spirit, Mind, & Body Center)  
Identify and cultivate mindful practices that support resilience

**(NEW!)**

## Wellness Packages

Combine in-person classes to create a package.  
Call us to learn more.

**860.628.9000**