



Full Spring Schedule | February 12, 2024 - April 19, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a - 10:00a Fitness for Strength, Balance, & Posture In-Person MWF Program Center Studio	9:00a - 10:30a Cognitive Stimulation Therapy: Early Stage Group Virtual T/TH Course	9:00a - 10:00a Fitness for Strength, Balance, & Posture In-Person MWF Program Center Studio	9:00a - 10:30a Cognitive Stimulation Therapy: Early Stage Group Virtual T/TH Course	9:00a - 10:00a Fitness for Strength, Balance, & Posture In-Person MWF Program Center Studio
10:00a - 11:30a Healthy Lifestyles w/ Jenn Virtual M Course Next Start date TBD	10:00a - 11:00a Residential Fitness Rounds In-Person T/TH Program RESIDENTS ONLY RIVER HOMES	10:00a - 11:00a Small Group Coaching with Jenn Virtual 1st Wednesdays *Healthy Lifestyle Graduates only	10:00a - 11:00a Residential Fitness Rounds In-Person T/TH Program RESIDENTS ONLY RIVER HOMES	10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program
10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program	10:00a - 11:30a Support Group: Persons Living with Dementia Virtual 3rd Tuesdays	10:15a - 11:15a Fitness for Everyday Activity Virtual MWF Program	10:00a - 11:30a Yoga for Carepartners In-Person TH Course Movement Studio	Cognitive Stimulation Therapy In-Person MWF Course Gathering Room B
Cognitive Stimulation Therapy In-Person MWF Course Gathering Room B	11:00a - 12:00p Brain Fitness In-Person T Program Learning Lab	Cognitive Stimulation Therapy In-Person MWF Course Gathering Room B	Abstract Painting with Carly In-Person Th Course Art Studio	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course
Community Music Jam In-Person MW Program Movement Studio	Residential Rounds In-Person T/TH Program RESIDENTS ONLY 1A, 2A, MS	Community Music Jam In-Person MW Program Movement Studio	11:00a - 12:00p Residential Rounds In-Person T/TH Program RESIDENTS ONLY 1A, 2A, MS	Fitness for Strength, Balance, & Posture ENCORE In-Person MWF Program Center Studio
10:30a - 12:00p Modern Art In-Person M Program RESIDENTS ONLY Art Studio	11:00a - 12:30p Cognitive Stimulation Therapy Virtual T/Th Course	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	11:00a - 12:30p Cognitive Stimulation Therapy Virtual T/Th Course	Virtual Café Virtual F Social
11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	11:00a - 1:00p Meet Up Socials In-Person 4th Tuesdays Locations Vary	Fitness for Strength, Balance, & Posture ENCORE In-Person MWF Program Center Studio	11:30a - 12:30p Social Café In-Person TH Social Gathering Room B	2:00p - 3:00p Postural Balance & Fall Prevention In-Person WF Program Movement Studio
Fitness for Strength, Balance, & Posture ENCORE In-Person MWF Program Center Studio	1:00p - 2:00p Small Group Coaching with Erica Virtual 2nd Tuesdays *Healthy Lifestyle Graduates only	1:30p - 3:00p Modern Art In-Person W Program RESIDENTS ONLY Art Studio	1:00p - 2:30p Healthy Lifestyles w/ Kate Virtual TH Course Next Start date TBD	
11:30a - 1:00p Resilient Living Series Hybrid M Program Gathering Room B	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course Gathering Room B	Music Appreciation In-Person MW Program Media Room	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course Gathering Room B	
1:00p - 2:00p Small Group Interval Training In-Person M Course	2:00p - 3:30p Healthy Lifestyles w/ Erica In-Person T Course January 23 - March 26 Location TBD	2:00p - 3:00p Postural Balance & Fall Prevention In-Person WF Program Movement Studio	2:00p - 3:30p Winter Restoration with Live Cello 2/8, 3/14 & 4/11 ONLY In-Person TH Program Performance Studio	
1:30p - 3:00p Mindfulness for Couples In-Person M Course Movement Studio	3:30p - 5:00p Beginners Tai Chi In-Person T/TH Program Movement Studio	3:00p - 4:00p Circle of Friends In-Person MW Program Learning Lab *EXCLUSIVE TO RESIDENTS & FAMILIES	2:30p - 3:30p Core Strength In-Person TH Program Movement Studio	
Music Appreciation In-Person MW Program Media Room		3:30p - 4:00p Employee HIIT In-Person W Program Movement Studio	3:30p - 4:30p Small Group Coaching with Kate Virtual 1st Thursdays *Healthy Lifestyle Graduates only	
3:00p - 4:00p Circle of Friends In-Person MW Program Learning Lab *EXCLUSIVE TO RESIDENTS & FAMILIES		3:30p - 5:00p Support Group: Care Partners Virtual 2nd & 4th Wednesday	3:30p - 5:00p Beginners Tai Chi In-Person T/TH Program Movement Studio	
3:00p - 5:00p Great Performances 2/26, 3/18 & 4/1 ONLY In-Person M Program Performance Studio			4:30p - 6:30p Abstract Intuitive Painting Workshop Series 2/15, 3/7, 3/21 ONLY In-Person TH Workshop Art Studio	