



Residential 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	10:00a - 11:00a Residential Fitness Rounds In-Person T/TH Program RESIDENTS ONLY RIVER HOMES	9:00a - 10:00a Fitness for Strength, Balance, & Posture In-Person MWF Program Center Studio	10:00a - 11:00a Residential Fitness Rounds In-Person T/TH Program RESIDENTS ONLY RIVER HOMES	9:00a - 10:00a Fitness for Strength, Balance, & Posture In-Person MWF Program Center Studio
10:15a - 11:15a 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	10:15a - 11:15a Community Music Jam In-Person MW Program Movement Studio	10:00a - 11:30a Abstract Painting with Carly In-Person Th Course Art Studio	11:30p - 12:30p 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 - 1:00 Meet Up Socials In-Person 4th Tuesdays Locations Vary	11:30p - 12:30p Fitness for Strength, Balance, & Posture ENCORE In-Person MWF Program Center Studio	11:00a - 12:00p Residential Rounds In-Person T/TH Program RESIDENTS ONLY 1A, 2A, MS	
11:30p - 12:30p Fitness for Strength, Balance, & Posture ENCORE In-Person MWF Program Center Studio	2:00p - 3:30p Healthy Lifestyles w/ Erica In-Person T Course January 23 - March 26 Location TBD	1:30p - 3:00p Modern Art In-Person W Program RESIDENTS ONLY Art 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 Music Appreciation In-Person MW Program Media Room	3:30p - 5:00p Beginners Tai Chi In-Person T/TH Program Movement Studio	Music Appreciation In-Person MW Program Media Room	2:30p - 3:30p Core Strength In-Person TH Program Movement Studio	
3:00p - 4:00p Circle of Friends In-Person MW Program Learning Lab XCLUSIVE TO RESIDENTS & FAMILIES		3:00p - 4:00p Circle of Friends In-Person MW Program Learning Lab *EXCLUSIVE TO RESIDENTS & FAMILIE	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	