



# Virtual Spring Schedule | February 12, 2024 - April 12, 2024

Monday	Tuesday	Wednesday	Thursday
<b>10:00a - 11:30a</b> Healthy Lifestyles w/ Jenn <b>Virtual</b>   M   <b>Course</b> Next Start date TBD	<b>9:00a - 10:30a</b> Cognitive Stimulation Therapy: Early Stage Group <b>Virtual</b>   T/TH   <b>Course</b>	<b>10:00a - 11:00a</b> Small Group Coaching with Jenn <b>Virtual</b>   1st Wednesdays *Healthy Lifestyle Graduates only	<b>9:00a - 10:30a</b> Cognitive Stimulation Therapy: Early Stage Group <b>Virtual</b>   T/TH   <b>Course</b>
<b>10:15a - 11:15a</b> Fitness for Everyday Activity <b>Virtual</b>   MWF   <b>Program</b>	<b>10:00a - 11:30a</b> Support Group: Persons Living with Dementia <b>Virtual</b>   3rd Tuesdays	<b>10:15a - 11:15a</b> Fitness for Everyday Activity <b>Virtual</b>   MWF   <b>Program</b>	<b>11:00a - 12:30p</b> Cognitive Stimulation Therapy <b>Virtual</b>   T/Th   <b>Course</b>
<b>11:30p - 12:30p</b> Cognitive Stimulation Therapy <b>Virtual</b>   MWF   <b>Course</b>	<b>11:00a - 12:30p</b> Cognitive Stimulation Therapy <b>Virtual</b>   T/Th   <b>Course</b>	<b>11:30p - 12:30p</b> Cognitive Stimulation Therapy <b>Virtual</b>   MWF   <b>Course</b>	<b>1:00p - 2:30p</b> Healthy Lifestyles w/ Kate <b>Virtual</b>   TH   <b>Course</b> Next Start date TBD
<b>11:30a - 1:00p</b> Resilient Living Series <b>Hybrid</b>   M   <b>Program</b> Gathering Room B	<b>1:00p - 2:00p</b> Small Group Coaching with Erica <b>Virtual</b>   2nd Tuesdays *Healthy Lifestyle Graduates only	<b>3:30p - 5:00p</b> Support Group: Care Partners <b>Virtual</b>   2nd & 4th Wednesday	<b>3:30p - 4:30p</b> Small Group Coaching with Kate <b>Virtual</b>   1st Thursdays *Healthy Lifestyle Graduates only

19, 2024

**Friday**

**10:15a - 11:15a**

Fitness for Everyday Activity

**Virtual** | MWF | **Program**

**11:30p - 12:30p**

Cognitive Stimulation

Therapy

**Virtual** | MWF | **Course**

Virtual Café

**Virtual** | F | Social