



## Full Spring 2 Schedule | April 22, 2024 - June 28, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00a - 10:00a</b> Fitness for Everyday Activity <a href="#">In-Person</a>   MWF   <a href="#">Program</a> Location TBD	<b>9:00a - 10:30a</b> Cognitive Stimulation Therapy: Early Stage Group <a href="#">In-Person</a>   T/TH   <a href="#">Course</a>	<b>9:00a - 10:00a</b> Fitness for Every Day <a href="#">In-Person</a>   MWF   <a href="#">Program</a> Location TBD	<b>9:00a - 10:30a</b> Cognitive Stimulation Therapy: Early Stage Group <a href="#">In-Person</a>   T/TH   <a href="#">Course</a>	<b>9:00a - 10:00a</b> Fitness for Every Day <a href="#">In-Person</a>   MWF   <a href="#">Program</a> Location TBD
<b>10:15a - 11:15a</b> Fitness for Everyday Activity <a href="#">Virtual</a>   MWF   <a href="#">Program</a>  Cognitive Stimulation Therapy <a href="#">In-Person</a>   MWF   <a href="#">Course</a> Location TBD  Community of Mindful Practice <a href="#">In-Person</a>   M   <a href="#">Course</a> Location TBD	<b>10:00a - 11:30a</b> Support Group: Persons Living with Dementia <a href="#">Virtual</a>   3rd Tuesdays  <b>10:30a - 11:30a</b> Cognitive Stimulation Therapy <a href="#">In-Person</a>   T/TH   <a href="#">Course</a> *Exclusive to Residents Location TBD  <b>11:00a - 12:00p</b> Brain Fitness <a href="#">In-Person</a>   T   <a href="#">Program</a> * Exclusive to outside Community Location TBD  <b>11:00a - 12:30p</b> Cognitive Stimulation Therapy: Early Stage Group <a href="#">Virtual</a>   T/TH   <a href="#">Course</a>  <b>11:00a - 1:00</b> Meet Up Socials <a href="#">In-Person</a>   4th Tuesdays Locations Vary  <b>11:30a - 12:30p</b> Fitness for Every Day <a href="#">In-Person</a>   T/TH   <a href="#">Program</a> *Exclusive to Residents Location TBD  <b>1:00p - 1:30p</b> Parkinson's Movement Clinic <a href="#">In-Person</a>   T   <a href="#">Course</a> Thrive with Parkinson's Series Location TBD	<b>10:00a - 11:00a</b> Small Group Coaching with Jenn <a href="#">Virtual</a>   1st Wednesdays *Healthy Lifestyle Graduates only  <b>10:00a - 12:00p</b> Intro to Pottery <a href="#">In-Person</a>   WF   <a href="#">Course</a> Art Studio  <b>10:15a - 11:15a</b> Fitness for Everyday Activity <a href="#">Virtual</a>   MWF   <a href="#">Program</a>  Cognitive Stimulation Therapy <a href="#">In-Person</a>   MWF   <a href="#">Course</a> Location TBD  <b>11:30p - 12:30p</b> Cognitive Stimulation Therapy <a href="#">In-Person</a>   MWF   <a href="#">Course</a> Location TBD  <b>11:30p - 12:30p</b> Cognitive Stimulation Therapy <a href="#">Virtual</a>   MWF   <a href="#">Course</a>  <b>1:30p - 3:00p</b> Community Music Jam <a href="#">In-Person</a>   MW   <a href="#">Program</a> Location TBD  Connecting with Creativity <a href="#">In-Person</a>   MW   <a href="#">Program</a> *Exclusive to Residents Art Studio  <b>2:00p - 3:00p</b> Fall Prevention <a href="#">In-Person</a>   WF   <a href="#">Program</a> * Exclusive to outside Community Location TBD  <b>3:00p - 4:00p</b> Circle of Friends <a href="#">In-Person</a>   MW   <a href="#">Program</a> Learning Lab *EXCLUSIVE TO RESIDENTS & FAMILIES  <b>3:30p - 4:30p</b> Beginners Tai Chi <a href="#">In-Person</a>   MWF   <a href="#">Program</a> Location TBD  <b>3:30p - 5:00p</b> Support Group: Care Partners <a href="#">Virtual</a>   2nd & 4th Wednesday	<b>10:00a - 11:30a</b> Abstract Painting with Carly <a href="#">In-Person</a>   TH   <a href="#">Course</a> Art Studio  <b>10:30a - 11:30a</b> Yoga for Every Body <a href="#">In-Person</a>   TH   <a href="#">Course</a> Location TBD  Cognitive Stimulation Therapy <a href="#">In-Person</a>   T/TH   <a href="#">Course</a> *Exclusive to Residents Location TBD  <b>11:00a - 12:30p</b> Cognitive Stimulation Therapy: Early Stage Group <a href="#">Virtual</a>   T/TH   <a href="#">Course</a>  <b>11:30a - 12:30p</b> Social Café <a href="#">In-Person</a>   TH   Social Gathering Room B  Fitness for Every Day <a href="#">In-Person</a>   T/TH   <a href="#">Program</a> *Exclusive to Residents Location TBD  <b>1:00p - 2:30p</b> Healthy Lifestyles w/ Kate <a href="#">Virtual</a>   TH   <a href="#">Course</a> Next Start date TBD  <b>1:30p - 3:00p</b> Cognitive Stimulation Therapy <a href="#">In-Person</a>   T/TH   <a href="#">Course</a> Location TBD  <b>2:30p - 3:30p</b> Core Strength <a href="#">In-Person</a>   TH   <a href="#">Program</a> Location TBD  <b>3:30p - 4:30p</b> Small Group Coaching with Kate <a href="#">Virtual</a>   1st Thursdays *Healthy Lifestyle Graduates only  <b>3:30p - 5:00p</b> Music Appreciation <a href="#">In-Person</a>   T/TH   <a href="#">Program</a> Location TBD	<b>10:00a - 12:00p</b> Intro to Pottery <a href="#">In-Person</a>   WF   <a href="#">Course</a> Art Studio  <b>10:15a - 11:15a</b> Fitness for Everyday Activity <a href="#">Virtual</a>   MWF   <a href="#">Program</a>  Cognitive Stimulation Therapy <a href="#">In-Person</a>   MWF   <a href="#">Course</a> Location TBD  <b>11:30p - 12:30p</b> Cognitive Stimulation Therapy <a href="#">Virtual</a>   MWF   <a href="#">Course</a>  Fitness for Every Day Encore <a href="#">In-Person</a>   MWF   <a href="#">Program</a> Location TBD  Virtual Café <a href="#">Virtual</a>   F   Social  <b>2:00p - 3:00p</b> Fall Prevention <a href="#">In-Person</a>   WF   <a href="#">Program</a> * Exclusive to outside Community Location TBD  <b>2:30p - 3:30p</b> Friendship Club <a href="#">In-Person</a>   F   <a href="#">Program</a> *Exclusive to Residents Location TBD  <b>3:30p - 4:30p</b> Beginners Tai Chi <a href="#">In-Person</a>   MWF   <a href="#">Program</a> Location TBD