LíveWell

Full Spring 2 Schedule | April 22, 2024 - June 28, 202

LíveWell	Full Spring 2 Schedule April 22, 2024 - June 28, 2024			
Monday	Tuesday	Wednesday	Thursday	Friday
9:00a - 10:00a	9:00a - 10:30a	9:00a - 10:00a	9:00a - 10:30a	9:00a - 10:00a
Fitness for Every Day: Early Morning In-Person MWF Program Location TBD	Cognitive Stimulation Therapy: Early Stage Group In-Person T/TH Course	Fitness for Every Day: Early Morning In-Person MWF Program Location TBD	Cognitive Stimulation Therapy: Early Stage Group In-Person T/TH Course	Fitness for Every Day: Early Mornin In-Person MWF Program Location TBD
10:15a - 11:15a	10:00a - 11:30a	10:00a - 11:00a	10:00a - 11:30a	10:00a - 11:00a
Fitness for Everyday Activity	Support Group: Persons Living with	Small Group Coaching with Jenn	Abstract Painting with Carly	LiveWell 101
Virtual MWF Program Cognitive Stimulation Therapy	Dementia Virtual 3rd Tuesdays	Virtual 1st Wednesdays *Healthy Lifestyle Graduates only	In-Person Th Course Art Studio	Alt. In-Person/Virtual F Program Location TBD
In-Person MWF Course	10:30a - 11:30a	10:00a - 12:00p	10:30a - 11:30a	10:00a - 12:00p
Location TBD	Cognitive Stimulation Therapy	Intro to Pottery	Yoga for Every Body	Intro to Pottery
Community of Mindful Practice In-Person M Course	In-Person T/Th Course *Exclusive to Residents Location TBD	In-Person WF Course Art Studio	In-Person TH Course Location TBD	In-Person WF Course Art Studio
Location TBD	LOCATION TBD	10:15a - 11:15a	Cognitive Stimulation Therapy	10:15a - 11:15a
	11:00a - 12:00p	Fitness for Everyday Activity	In-Person T/Th Course	Fitness for Everyday Activity
11:30p - 12:30p	Brain Fitness	Virtual MWF Program	*Exclusive to Residents	Virtual MWF Program
Cognitive Stimulation Therapy	In-Person T Program		Location TBD	
Virtual MWF Course	* Exclusive to outside Community	Cognitive Stimulation Therapy		Cognitive Stimulation Therapy
	Location TBD	In-Person MWF Course	11:00a - 12:30p	In-Person MWF Course
Fitness for Every Day	11.00- 13.30-	Location TBD	Cognitive Stimulation Therapy: Early	Location TBD
In-Person MWF Program Location TBD	11:00a - 12:30p Cognitive Stimulation Therapy: Early	11:30p - 12:30p	Stage Group Virtual T/TH Course	11:30p - 12:30p
Location 180	Stage Group	Cognitive Stimulation Therapy	Viituai I/IH Course	Cognitive Stimulation Therapy
11:30a - 1:00p	Virtual T/TH Course	Virtual MWF Course	11:30a - 12:30p	Virtual MWF Course
Resilient Living Series	,,,,,,	, , , , , , , , , , , , , , , , , , , ,	Social Café	
Hybrid M Program	11:00a - 1:00	Fitness for Every Day	In-Person TH Social	Fitness for Every Day
Gathering Room B	Meet Up Socials In-Person 4th Tuesdays	In-Person MWF Program Location TBD	Gathering Room B	In-Person MWF Program Location TBD
1:00p - 2:00p Intro to LiveWell's Fitness Equipment	Locations Vary	1:00p - 2:00p	Fitness for Every Day In-Person T/Th Program	Virtual Café
In-Person M Course	11:30a - 12:30p	Reading Club	*Exclusive to Residents	Virtual F Social
in reson in course	Fitness for Every Day	In-Person 1st & 3rd W Program	Location TBD	VII. Call 1 300 call
1:30p - 3:00p	In-Person T/Th Program	Location TBD		2:00p - 3:00p
Community Music Jam	*Exclusive to Residents		1:00p - 2:30p	Fall Prevention
In-Person MW Program	Location TBD	1:30p - 3:00p	Healthy Lifestyles w/ Kate	In-Person TF Program
Location TBD		Community Music Jam	Virtual TH Course	* Exclusive to outside Community
Committee of Committee	1:00p - 1:30p	In-Person MW Program	Next Start date TBD	Location TBD
Connecting with Creativity In-Person MW Program	Parkinson's Movement Clinic In-Person T Course	Location TBD	1:30p - 3:00p	2:30p - 3:30p
*Exclusive to Residents	Thrive with Parkinson's Series	Connecting with Creativity	Cognitive Stimulation Therapy	Friendship Club
Art Studio	Location TBD	In-Person MW Program	In-Person T/TH Course	In-Person F Program
		*Exclusive to Residents	Location TBD	*Exclusive to Residents
3:00p - 4:00p	1:00p - 2:00p	Art Studio		Location TBD
Circle of Friends	Small Group Coaching with Erica		2:30p - 3:30p	
In-Person MW Program Location TBD	Virtual 2nd Tuesdays	3:00p - 4:00p Circle of Friends	Core Strength	3:30p - 4:30p
EXCLUSIVE TO RESIDENTS & FAMILIES	*Healthy Lifestyle Graduates only	In-Person MW Program	In-Person TH Program Location TBD	Beginners Tai Chi In-Person MWF Program
EXCLUSIVE TO RESIDENTS & PAIVILLES	1:30p - 2:00p	Learning Lab	LOCATION TBD	Location TBD
3:30p - 4:30p		*EXCLUSIVE TO RESIDENTS & FAMILIES	3:30p - 4:30p	
Beginners Tai Chi	Parkinson's Movement Clinic ENCORE		Small Group Coaching with Kate	
In-Person MWF Program	In-Person T Course	3:30p - 4:30p	Virtual 1st Thursdays	
Location TBD	Thrive with Parkinson's Series Location TBD	Beginners Tai Chi In-Person MWF Program	*Healthy Lifestyle Graduates only	
4:30p - 5:00p Employee HIIT	1:30p - 3:00p	Location TBD	3:30p - 5:00p Music Appreciation	
In-Person M Program	Cognitive Stimulation Therapy	3:30p - 5:00p	In-Person T/TH Program	
*Exclusive to Employees	In-Person T/TH Course Location TBD	Support Group: Care Partners Virtual 2nd & 4th Wednesday	Location TBD	
	2:00p - 3:00p			
	SING OUT Choir			
	In-Person T Course Thrive with Parkinson's Series			
	Location TBD			
	Fall Prevention			
	In-Person TF Program			
	* Exclusive to outside Community			
	Location TBD			
	Location TBD 2:00p - 3:30p			
	2:00p - 3:30p Healthy Lifestyles w/ Erica			
	2:00p - 3:30p Healthy Lifestyles w/ Erica In-Person T Course			
	2:00p - 3:30p Healthy Lifestyles w/ Erica			

3:30p - 5:00p

Music Appreciation

In-Person | T/TH | Program

Location TBD