



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

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