

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

Redefining life with dementia.	Spring 2 In-Person 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	Cognitive Stimulation Therapy: Early	Fitness for Every Day	Cognitive Stimulation Therapy: Early	Fitness for Every Day
In-Person   MWF   Program	Stage Group	In-Person   MWF   Program	Stage Group	In-Person   MWF   Program
Location TBD	In-Person   T/TH   Course	Location TBD	In-Person   T/TH   Course	Location TBD
10:45- 11:45-	40:20- 44:20-	10:00- 12:00-	10.00- 11.20-	10.00- 11.00-
10:15a - 11:15a Cognitive Stimulation Therapy	10:30a - 11:30a Cognitive Stimulation Therapy	10:00a - 12:00p Intro to Pottery	10:00a - 11:30a Abstract Painting with Carly	<b>10:00a - 11:00a</b> LiveWell 101
In-Person   MWF   Course	In-Person   T/Th   Course	In-Person   WF   Course	In-Person   Th   Course	Alt. In-Person/Virtual   F   Program
Location TBD	*Exclusive to Residents	Art Studio	Art Studio	Location TBD
	Location TBD			
Community of Mindful Practice		10:15a - 11:15a	10:30a - 11:30a	10:00a - 12:00p
In-Person   M   Course	11:00a - 12:00p	Cognitive Stimulation Therapy	Yoga for Every Body	Intro to Pottery
Location TBD	Brain Fitness	In-Person   MWF   Course	In-Person   TH   Course	In-Person   WF   Course
11:30p - 12:30p	In-Person   T   Program  *Exclusive to outside Community	Location TBD	Location TBD	Art Studio
Fitness for Every Day Encore	Location TBD	11:30p - 12:30p	Cognitive Stimulation Therapy	10:15a - 11:15a
In-Person   MWF   Program		Fitness for Every Day Encore	In-Person   T/Th   Course	Cognitive Stimulation Therapy
Location TBD	11:00a - 1:00	In-Person   MWF   Program	*Exclusive to Residents	In-Person   MWF   Course
	Meet Up Socials	Location TBD	Location TBD	Location TBD
11:30a - 1:00p	In-Person   4th Tuesdays			
Resilient Living Series  Hybrid   M   Program	Locations Vary	1:00p - 2:00p	11:30a - 12:30p	11:30p - 12:30p
Gathering Room B	11:30a - 12:30p	Reading Club In-Person   1st & 3rd W   Program	Social Café In-Person   TH   Social	Fitness for Every Day Encore In-Person   MWF   Program
Guthering Noom B	Fitness for Every Day	Location TBD	Gathering Room B	Location TBD
1:00p - 2:00p	In-Person   T/Th   Program		,	
Intro to LiveWell's Fitness Equipment	*Exclusive to Residents	1:30p - 3:00p	Fitness for Every Day	2:00p - 3:00p
In-Person   M   Course	Location TBD	Community Music Jam	In-Person   T/Th   Program	Fall Prevention
		In-Person   MW   Program	*Exclusive to Residents	In-Person   TF   Program
1:30p - 3:00p Community Music Jam	1:00p - 1:30p Parkinson's Movement Clinic	Location TBD	Location TBD	*Exclusive to outside Community Location TBD
In-Person   MW   Program	In-Person   T   Course	Connecting with Creativity	1:30p - 3:00p	Editation 180
Location TBD	Thrive with Parkinson's Series	In-Person   MW   Program	Cognitive Stimulation Therapy	2:30p - 3:30p
	Location TBD	*Exclusive to Residents	In-Person   T/TH   Course	Friendship Club
Connecting with Creativity		Art Studio	Location TBD	In-Person   F   Program
In-Person   MW   Program	1:30p - 2:00p			*Exclusive to Residents
*Exclusive to Residents Art Studio	Parkinson's Movement Clinic ENCORE	3:00p - 4:00p Circle of Friends	2:30p - 3:30p	Location TBD
ALL Studio	In-Person   T   Course	In-Person   MW   Program	Core Strength In-Person   TH   Program	3:30p - 4:30p
3:00p - 4:00p	Thrive with Parkinson's Series	Learning Lab	Location TBD	Beginners Tai Chi
Circle of Friends	Location TBD	*EXCLUSIVE TO RESIDENTS & FAMILIES		In-Person   MWF   Program
In-Person   MW   Program			3:30p - 5:00p	Location TBD
Location TBD	1:30p - 3:00p	3:30p - 4:30p	Music Appreciation	
*EXCLUSIVE TO RESIDENTS & FAMILIES	Cognitive Stimulation Therapy In-Person   T/TH   Course	Beginners Tai Chi In-Person   MWF   Program	In-Person   T/TH   Program  Location TBD	
3:30p - 4:30p	Location TBD	Location TBD	Location TBD	
Beginners Tai Chi	Location 155	zocation 125		
In-Person   MWF   Program	2:00p - 3:00p			
Location TBD	SING OUT Choir			
4.20 - 5.00 -	In-Person   T   Course			
4:30p - 5:00p	Thrive with Parkinson's Series Location TBD			
Employee HIIT In-Person   M   Program	Location 1BD			
*Exclusive to Employees	Fall Prevention			
	In-Person   WF   Program			
	*Exclusive to outside Community			
	Location TBD			
	2:00p - 3:30p			
	Healthy Lifestyles w/ Erica			
	In-Person   T   Course			
	Dates TBD			
	Location TBD			
	2:20: 7:22			
	3:30p - 5:00p Music Appreciation			
	In-Person   T/TH   Program			
	Location TBD			