



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

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a - 10:00a Fitness for Every Day 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 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 In-Person MWF Program Location TBD
10:15a - 11:15a Cognitive Stimulation Therapy In-Person MWF Course Location TBD	10:30a - 11:30a Cognitive Stimulation Therapy In-Person T/TH Course *Exclusive to Residents Location TBD	10:00a - 12:00p Intro to Pottery In-Person WF Course Art Studio	10:00a - 11:30a Abstract Painting with Carly In-Person Th Course Art Studio	10:00a - 11:00a LiveWell 101 Alt. In-Person/Virtual F Program Location TBD
Community of Mindful Practice In-Person M Course Location TBD	11:00a - 12:00p Brain Fitness In-Person T Program *Exclusive to outside Community Location TBD	10:15a - 11:15a Cognitive Stimulation Therapy In-Person MWF Course Location TBD	10:30a - 11:30a Yoga for Every Body In-Person TH Course Location TBD	10:00a - 12:00p Intro to Pottery In-Person WF Course Art Studio
11:30p - 12:30p Fitness for Every Day Encore In-Person MWF Program Location TBD	11:00a - 1:00 Meet Up Socials In-Person 4th Tuesdays Locations Vary	11:30p - 12:30p Fitness for Every Day Encore In-Person MWF Program Location TBD	Cognitive Stimulation Therapy In-Person T/Th Course *Exclusive to Residents Location TBD	10:15a - 11:15a Cognitive Stimulation Therapy In-Person MWF Course Location TBD
11:30a - 1:00p Resilient Living Series Hybrid M Program Gathering Room B	11:30a - 12:30p Fitness for Every Day In-Person T/Th Program *Exclusive to Residents Location TBD	1:00p - 2:00p Reading Club In-Person 1st & 3rd W Program Location TBD	11:30a - 12:30p Social Café In-Person TH Social Gathering Room B	11:30p - 12:30p Fitness for Every Day Encore In-Person MWF Program Location TBD
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	1:30p - 3:00p Community Music Jam In-Person MW Program Location TBD	Fitness for Every Day In-Person T/Th Program *Exclusive to Residents Location TBD	2:00p - 3:00p Fall Prevention In-Person TF Program *Exclusive to outside Community Location TBD
1:30p - 3:00p Community Music Jam In-Person MW Program Location TBD	1:00p - 1:30p Parkinson's Movement Clinic In-Person T Course Thrive with Parkinson's Series Location TBD	Connecting with Creativity In-Person MW Program *Exclusive to Residents Art Studio	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course Location TBD	2:30p - 3:30p Friendship Club In-Person F Program *Exclusive to Residents Location TBD
3:00p - 4:00p Circle of Friends In-Person MW Program Location TBD *EXCLUSIVE TO RESIDENTS & FAMILIES	1:30p - 2:00p Parkinson's Movement Clinic ENCORE In-Person T Course Thrive with Parkinson's Series Location TBD	3:00p - 4:00p Circle of Friends In-Person MW Program Learning Lab *EXCLUSIVE TO RESIDENTS & FAMILIES	2:30p - 3:30p Core Strength In-Person TH Program Location TBD	3:30p - 4:30p Beginners Tai Chi In-Person MWF Program Location TBD
3:30p - 4:30p Beginners Tai Chi In-Person MWF Program Location TBD	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course Location TBD	3:30p - 4:30p Beginners Tai Chi In-Person MWF Program Location TBD	3:30p - 5:00p Music Appreciation In-Person T/TH Program Location TBD	
4:30p - 5:00p Employee HIIT In-Person M Program *Exclusive to Employees	2:00p - 3:00p SING OUT Choir In-Person T Course Thrive with Parkinson's Series Location TBD			
	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			
	3:30p - 5:00p Music Appreciation In-Person T/TH Program Location TBD			