

Beginners Tai Chi In-Person | MWF | Program Location TBD

Spring 2 Residential Calendar | 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 In-Person MWF Program Location TBD	Cognitive Stimulation Therapy: Early Stage Group In-Person T/TH Course	Fitness for Every Day In-Person MWF Program Location TBD	Cognitive Stimulation Therapy: Early Stage Group In-Person T/TH Course	Fitness for Every Day In-Person MWF Program Location TBD
10:15a - 11:15a	10:30a - 11:30a	10:00a - 12:00p	10:00a - 11:30a	10:00a - 12:00p
Cognitive Stimulation Therapy	Cognitive Stimulation Therapy	Intro to Pottery	Abstract Painting with Carly	Intro to Pottery
In-Person MWF Course	In-Person T/Th Course	In-Person WF Course	In-Person Th Course	In-Person WF Course
Location TBD	*Exclusive to Residents	Art Studio	Art Studio	Art Studio
	Location TBD			
Community of Mindful Practice		10:15a - 11:15a	10:30a - 11:30a	10:15a - 11:15a
In-Person M Course	11:30a - 12:30p	Cognitive Stimulation Therapy	Yoga for Every Body	Cognitive Stimulation Therapy
Location TBD	Fitness for Every Day	In-Person MWF Course	In-Person TH Course	In-Person MWF Course
	In-Person T/Th Program	Location TBD	Location TBD	Location TBD
11:30p - 12:30p	*Exclusive to Residents	11.20- 12.20-	Cognitive Stimulation Thereny	11:30- 13:30-
Fitness for Every Day Encore	Location TBD	11:30p - 12:30p	Cognitive Stimulation Therapy	11:30p - 12:30p
In-Person MWF Program	1.20- 2.00-	Fitness for Every Day Encore	In-Person T/Th Course *Exclusive to Residents	Fitness for Every Day Encore
Location TBD	1:30p - 3:00p	In-Person MWF Program Location TBD	Location TBD	In-Person MWF Program Location TBD
1:00p - 2:00p	Cognitive Stimulation Therapy In-Person T/TH Course	Location 18D	LOCATION TBD	LOCATION IBD
Equipment	Location TBD	1:30p - 3:00p	11:30a - 12:30p	2:30p - 3:30p
In-Person M Course		Community Music Jam	Fitness for Every Day	Friendship Club
	2:00p - 3:00p	In-Person MW Program	In-Person T/Th Program	In-Person F Program
1:30p - 3:00p	SING OUT Choir	Location TBD	*Exclusive to Residents	*Exclusive to Residents
Community Music Jam	In-Person T Course		Location TBD	Location TBD
In-Person MW Program	Thrive with Parkinson's Series	Connecting with Creativity		
Location TBD	Location TBD	In-Person MW Program	1:30p - 3:00p	3:30p - 4:30p
		*Exclusive to Residents	Cognitive Stimulation Therapy	Beginners Tai Chi
Connecting with Creativity	3:30p - 5:00p	Art Studio	In-Person T/TH Course	In-Person MWF Program
In-Person MW Program	Music Appreciation		Location TBD	Location TBD
*Exclusive to Residents	In-Person T/TH Program	3:00p - 4:00p		
Art Studio	Location TBD	Circle of Friends	2:30p - 3:30p	
		In-Person MW Program	Core Strength	
3:00p - 4:00p		Learning Lab	In-Person TH Program	
Circle of Friends In-Person MW Program		*EXCLUSIVE TO RESIDENTS & FAMILIES	Location TBD	
Location TBD		3:30p - 4:30p	3:30p - 5:00p	
*EXCLUSIVE TO RESIDENTS &		Beginners Tai Chi	Music Appreciation	
FAMILIES		In-Person MWF Program	In-Person T/TH Program	
		Location TBD	Location TBD	
3:30p - 4:30p				