



Spring 2 Virtual Schedule | Apr

Monday

10:15a - 11:15a

Fitness for Everyday Activity
Virtual | MWF | **Program**

11:30p - 12:30p

Cognitive Stimulation Therapy
Virtual | MWF | **Course**

11:30a - 1:00p

Resilient Living Series
Hybrid | M | **Program**
Gathering Room B

Tuesday

10:00a - 11:30a

Support Group: Persons Living with
Dementia
Virtual | 3rd Tuesdays

11:00a - 12:30p

Cognitive Stimulation Therapy: Early
Stage Group
Virtual | T/TH | **Course**

1:00p - 2:00p

Small Group Coaching with Erica
Virtual | 2nd Tuesdays
*Healthy Lifestyle Graduates only

Wednesday

10:00a - 11:00a

Small Group Coaching with Jenn
Virtual | 1st Wednesdays
*Healthy Lifestyle Graduates only

10:15a - 11:15a

Fitness for Everyday Activity
Virtual | MWF | **Program**

11:30p - 12:30p

Cognitive Stimulation Therapy
Virtual | MWF | **Course**

3:30p - 5:00p

Support Group: Care Partners
Virtual | 2nd & 4th Wednesday

April 22, 2024 - June 28, 2024

Thursday

11:00a - 12:30p

Cognitive Stimulation Therapy: Early
Stage Group

Virtual | T/TH | **Course**

1:00p - 2:30p

Healthy Lifestyles w/ Kate

Virtual | TH | **Course**

Next Start date TBD

3:30p - 4:30p

Small Group Coaching with Kate

Virtual | 1st Thursdays

*Healthy Lifestyle Graduates only

Friday

10:00a - 11:00a

LiveWell 101

Alt. **In-Person/Virtual** | F | Program

Location TBD

10:15a - 11:15a

Fitness for Everyday Activity

Virtual | MWF | **Program**

11:30p - 12:30p

Cognitive Stimulation Therapy

Virtual | MWF | **Course**

Virtual Café

Virtual | F | Social