



Spring 2 Residential Calendar | April 22, 2024 - June 28, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a - 10:00a Fitness for Every Day In-Person MWF Program Fitness Studio		9:00a - 10:00a Fitness for Every Day In-Person MWF Program Fitness Studio		9:00a - 10:00a Fitness for Every Day In-Person MWF Program Fitness Studio
10:15a - 11:15a Cognitive Stimulation Therapy In-Person MWF Course Gathering Room B	10:30a - 11:30a Cognitive Stimulation Therapy In-Person T/Th Course *Exclusive to Residents Gathering Room C	10:00a - 12:00p Intro to Pottery In-Person W Course Art Studio	10:00a - 11:30a Abstract Painting with Carly In-Person Th Course Art Studio	10:00a - 12:00p Intro to Pottery In-Person F Course Art Studio
Community of Mindful Practice In-Person M Course Movement Studio	11:30a - 12:30p Fitness for Every Day In-Person T/Th Program *Exclusive to Residents Center Studio	10:15a - 11:15a Cognitive Stimulation Therapy In-Person MWF Course Gathering Room B	10:30a - 11:30a Yoga for Every Body In-Person TH Course Movement Studio	10:15a - 11:15a Cognitive Stimulation Therapy In-Person MWF Course Gathering Room B
11:30p - 12:30p Fitness for Every Day Encore In-Person MWF Program Center Studio	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course Gathering Room C	11:30p - 12:30p Fitness for Every Day Encore In-Person MWF Program Center Studio	Cognitive Stimulation Therapy In-Person T/Th Course *Exclusive to Residents Gathering Room C	11:30p - 12:30p Fitness for Every Day Encore In-Person MWF Program Center Studio
1:00p - 2:00p Intro to Fitness Equipment In-Person M Course	2:00p - 3:00p SING OUT Choir In-Person T Course Thrive with Parkinson's Series Performance Studio	1:30p - 3:00p Community Music Jam In-Person MW Program Movement Studio	11:30a - 12:30p Fitness for Every Day In-Person T/Th Program *Exclusive to Residents Center Studio	2:30p - 3:30p Friendship Club In-Person F Program *Exclusive to Residents Performance Studio
1:30p - 3:00p Community Music Jam In-Person MW Program Movement Studio	3:30p - 5:00p Music Appreciation In-Person T/TH Program Media Room	Connecting with Creativity In-Person MW Program *Exclusive to Residents Art Studio	1:30p - 3:00p Cognitive Stimulation Therapy In-Person T/TH Course Gathering Room C	3:30p - 4:30p Beginners Tai Chi In-Person MWF Program Movement Studio
3:00p - 4:00p Circle of Friends In-Person MW Program Learning Lab *EXCLUSIVE TO RESIDENTS & FAMILIES		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 Movement Studio	
3:30p - 4:30p Beginners Tai Chi In-Person MWF Program Movement Studio		3:30p - 4:30p Beginners Tai Chi In-Person MWF Program Movement Studio	3:30p - 5:00p Music Appreciation In-Person T/TH Program Media Room	