LiveWell

Monday

10:15a - 11:15a Cognitive Stimulation Therapy In-Person | MWF | Course Gathering Room B

Fitness for Every Day In-Person | MWF | Program Center Studio

11:30p - 12:30p Fitness for Every Day Encore In-Person | MWF | Program Center Studio

1:30p - 3:00p Community Music Jam In-Person | MW | Program Movement Studio

Open Art Studio In-Person | MW | Program *Exclusive to Residents Art Studio

3:00p - 4:00p Circle of Friends In-Person | MW | Program Learning Lab *Exclusive to Residents & Families

3:30p - 4:30p Beginners Tai Chi In-Person | MWF | Program Movement Studio

*no class 7/16 & 8/27 10:30a - 11:30a Cognitive Stimulation Therapy In-Person | T/Th | Course

*Exclusive to Residents **Reflections Room**

Tuesday

10:15a - 11:15a

Creative Collaging

In-Person | T | Course

Art Studio

Cognitive Stimulation Therapy- World Travels In-Person | T/Th | Course

*Exclusive to Residents Gathering Room C

11:30a - 12:30p Fitness for Every Day In-Person | T/Th | Program *Exclusive to Residents Center Studio

> 1:30p - 2:30p Introduction to Poetry In-Person | T | Program Media Room

1:30p - 3:00p Cognitive Stimulation Therapy In-Person | T/TH | Course Gathering Room C

2:00p - 3:00p SING OUT Choir In-Person | T | Course Thrive with Parkinson's Series **Reflections Room**

3:30p - 5:00p

Music Appreciation In-Person | T/TH | Program Media Room

Summer Residential Calendar | July 1, 2024 - September 6, 2024

Wednesday

10:00a - 11:30p Intro to Pottery with Shelby In-Person | W | Course Art Studio

10:15a - 11:15a Cognitive Stimulation Therapy In-Person | MWF | Course Gathering Room B

Fitness for Every Day In-Person | MWF | Program Center Studio

11:30p - 12:30p Fitness for Every Day Encore In-Person | MWF | Program Center Studio

1:30p - 3:00p Community Music Jam In-Person | MW | Program Movement Studio

Open Art Studio In-Person | MW | Program *Exclusive to Residents Art Studio

3:00p - 4:00p Circle of Friends In-Person | MW | Program Learning Lab

*Exclusive to Residents & Families

3:30p - 4:30p Beginners Tai Chi In-Person | MWF | Program Movement Studio

Thursday 10:15a - 11:15a Modern Abstract Art In-Person | Th | Course Art Studio

10:30a - 11:30a Yoga for Every Body In-Person | TH | Course Movement Studio

Cognitive Stimulation Therapy In-Person | T/Th | Course *Exclusive to Residents **Reflections Room**

Cognitive Stimulation Therapy- World Travels In-Person | T/Th | Course *Exclusive to Residents Gathering Room C

11:30a - 12:30p Fitness for Every Day In-Person | T/Th | Program *Exclusive to Residents Center Studio

1:30p - 3:00p Cognitive Stimulation Therapy In-Person | T/TH | Course Gathering Room C

3:30p - 5:00p Music Appreciation In-Person | T/TH | Program Media Room

Friday

10:00a - 11:30p Intro to Pottery with Robert In-Person | F | Course Art Studio

10:15a - 11:15a

Cognitive Stimulation Therapy In-Person | MWF | Course Gathering Room B

Fitness for Every Day In-Person | MWF | Program Center Studio

11:30p - 12:30p Fitness for Every Day Encore In-Person | MWF | Program Center Studio

1:30p - 2:30p **Reading Club** In-Person | F | Program *Exclusive to River Homes Residents **River View**

> 2:30p - 3:30p Friendship Club In-Person | F | Program *Exclusive to Residents Performance Studio

3:30p - 4:30p Beginners Tai Chi In-Person | MWF | Program Movement Studio