



# Full Summer Schedule | July 1, 2024 - September 6, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:15a - 10:15a</b> Fitness for Every Day Activity Virtual   MWF   <b>Program</b>	<b>10:00a - 11:30a</b> Support Group: Persons Living with Dementia Virtual   3rd Tuesdays	<b>9:15a - 10:15a</b> Fitness for Every Day Activity Virtual   MWF   <b>Program</b>	<b>10:15a - 11:15a</b> Modern Abstract Art In-Person   Th   <b>Course</b> Art Studio	<b>9:15a - 10:15a</b> Fitness for Every Day Activity Virtual   MWF   <b>Program</b>
<b>10:15a - 11:15a</b> Fitness for Everyday In-Person   MWF   <b>Program</b> Center Studio	<b>10:15a - 11:15a</b> Creative Collaging In-Person   T   <b>Course</b> Art Studio *no class 7/16 & 8/27	<b>10:00a - 11:00a</b> Small Group Coaching with Jenn Virtual   1st Wednesdays *Healthy Lifestyle Graduates only	<b>10:30a - 11:30a</b> Yoga for Every Body In-Person   TH   <b>Course</b> Movement Studio	<b>10:00a - 11:00a</b> LiveWell 101 Alt. In-Person/Virtual   F   <b>Program</b> Location TBA
Cognitive Stimulation Therapy In-Person   MWF   <b>Course</b> Gathering Room B	<b>10:30a - 11:30a</b> Cognitive Stimulation Therapy In-Person   T/Th   <b>Course</b> *Exclusive to Residents Reflections Room	<b>10:00a - 11:30p</b> Intro to Pottery with Shelby In-Person   W   <b>Course</b> Art Studio	Cognitive Stimulation Therapy In-Person   T/Th   <b>Course</b> *Exclusive to Residents Reflections Room	<b>10:00a - 11:30p</b> Intro to Pottery with Robert In-Person   F   <b>Course</b> Art Studio
Brain Fitness In-Person   M   <b>Program</b> Learning Lab *Exclusive to Off-Campus Community	Cognitive Stimulation Therapy- World Travels In-Person   T/Th   <b>Course</b> *Exclusive to Residents Gathering Room C	<b>10:15a - 11:15a</b> Fitness for Everyday In-Person   MWF   <b>Program</b> Center Studio	Cognitive Stimulation Therapy- World Travels In-Person   T/Th   <b>Course</b> *Exclusive to Residents Gathering Room C	<b>10:15a - 11:15a</b> Fitness for Everyday In-Person   MWF   <b>Program</b> Center Studio
<b>11:30p - 12:30p</b> Cognitive Stimulation Therapy Virtual   MWF   <b>Course</b>	<b>11:00a - 12:30p</b> Cognitive Stimulation Therapy: Early Stage Group Virtual   T/TH   <b>Course</b>	Cognitive Stimulation Therapy In-Person   MWF   <b>Course</b> Gathering Room B	<b>11:00a - 12:30p</b> Cognitive Stimulation Therapy: Early Stage Group Virtual   T/TH   <b>Course</b>	Cognitive Stimulation Therapy In-Person   MWF   <b>Course</b> Gathering Room B
Fitness for Every Day In-Person   MWF   <b>Program</b> Center Studio	<b>11:00a - 1:00</b> Meet Up Socials In-Person   4th Tuesdays Locations Vary	<b>11:30p - 12:30p</b> Cognitive Stimulation Therapy Virtual   MWF   <b>Course</b>	<b>11:30a - 12:30p</b> Social Café In-Person   TH   Social Gathering Room B	Fitness for Every Day In-Person   MWF   <b>Program</b> Center Studio
<b>11:30a - 1:00p</b> Resilient Living Series Hybrid   M   <b>Program</b> Gathering Room B	<b>1:00p - 1:30p</b> Parkinson's Movement Clinic In-Person   T   <b>Course</b>	Fitness for Every Day In-Person   MWF   <b>Program</b> Center Studio	Fitness for Every Day In-Person   T/Th   <b>Program</b> *Exclusive to Residents Center Studio	Virtual Café Virtual   F   Social
<b>1:30p - 3:00p</b> Community Music Jam In-Person   MW   <b>Program</b> Movement Studio	<b>1:30p - 2:00p</b> Small Group Coaching with Erica Virtual   2nd Tuesdays *Healthy Lifestyle Graduates only	<b>1:00a - 2:00p</b> Reading Club In-Person / Virtual   W   <b>Program</b> 1st & 3rd Wed In-Person 2nd & 4th Wed Virtual	<b>1:00p - 2:30p</b> Healthy Lifestyles w/ Kate Virtual   TH   <b>Course</b> Next Start date TBA	<b>1:30p - 2:30p</b> Reading Club In-Person   F   <b>Program</b> * Exclusive to River Homes Residents River View
Open Art Studio In-Person   MW   <b>Program</b> *Exclusive to Residents Art Studio	<b>1:00p - 1:30p</b> Thrive with Parkinson's Series Movement Studio	<b>1:30p - 3:00p</b> Community Music Jam In-Person   MW   <b>Program</b> Movement Studio	<b>1:30p - 3:00p</b> Cognitive Stimulation Therapy In-Person   T/TH   <b>Course</b> Gathering Room C	<b>2:30p - 3:30p</b> Friendship Club In-Person   F   <b>Program</b> Performance Studio *Exclusive to Residents
<b>3:00p - 4:00p</b> Circle of Friends In-Person   MW   <b>Program</b> Learning Lab *Exclusive to Residents & Families	<b>1:00p - 2:00p</b> Introduction to Poetry In-Person   T   <b>Program</b> Art Studio	Open Art Studio In-Person   MW   <b>Program</b> *Exclusive to Residents Art Studio	<b>2:00p - 3:00p</b> Fall Prevention In-Person   T/TH   <b>Program</b> Movement Studio *Exclusive to Off-Campus Community	<b>3:30p - 4:30p</b> Beginners Tai Chi In-Person   MWF   <b>Program</b> Movement Studio
<b>3:30p - 4:30p</b> Beginners Tai Chi In-Person   MWF   <b>Program</b> Movement Studio	Parkinson's Movement Clinic ENCORE In-Person   T   <b>Course</b> Thrive with Parkinson's Series Movement Studio	<b>3:00p - 4:00p</b> Circle of Friends In-Person   MW   <b>Program</b> Learning Lab *Exclusive to Residents & Families	<b>3:30p - 4:30p</b> Small Group Coaching with Kate Virtual   1st Thursdays *Healthy Lifestyle Graduates only	
<b>4:30p - 5:00p</b> Employee HIIT In-Person   M   <b>Program</b> Fitness Studio *Exclusive to Employees	<b>1:30p - 2:30p</b> Cognitive Stimulation Therapy In-Person   T/TH   <b>Course</b> Gathering Room C	<b>3:30p - 4:30p</b> Beginners Tai Chi In-Person   MWF   <b>Program</b> Movement Studio	<b>3:30p - 5:00p</b> Music Appreciation In-Person   T/TH   <b>Program</b> Media Room	
	<b>1:30p - 3:00p</b> Cognitive Stimulation Therapy In-Person   T/TH   <b>Course</b> Gathering Room C	<b>3:30p - 5:00p</b> Support Group: Care Partners Virtual   2nd & 4th Wednesday		
	<b>2:00p - 3:00p</b> SING OUT Choir In-Person   T   <b>Course</b> Thrive with Parkinson's Series Reflections Room			
	Fall Prevention In-Person   T/TH   <b>Program</b> Movement Studio * Exclusive to Off-Campus Community			
	<b>2:00p - 3:30p</b> Healthy Lifestyles w/ Erica In-Person   T   <b>Course</b> August 6th to October 8th Resilient Living Center			
	<b>3:30p - 5:00p</b> Music Appreciation In-Person   T/TH   <b>Program</b> Media Room			