



Summer Virtual Schedule | July 1, 2024 - September 6, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:15a - 10:15a Fitness for Everyday Activity Virtual MWF Program	10:00a - 11:30a Support Group: Persons Living with Dementia Virtual 3rd Tuesdays	9:15a - 10:15a Fitness for Everyday Activity Virtual MWF Program	11:00a - 12:30p Cognitive Stimulation Therapy: Early Stage Group Virtual T/TH Course	9:15a - 10:15a Fitness for Everyday Activity Virtual MWF Program
11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	11:00a - 12:30p Cognitive Stimulation Therapy: Early Stage Group Virtual T/TH Course	10:00a - 11:00a Small Group Coaching with Jenn Virtual 1st Wednesdays *Healthy Lifestyle Graduates only	1:00p - 2:30p Healthy Lifestyles w/ Kate Virtual TH Course Next Start date TBA	10:00a - 11:00a LiveWell 101 Alt. In-Person/Virtual F Program Location TBA
11:30a - 1:00p Resilient Living Series Hybrid M Program Gathering Room B	1:00p - 2:00p Small Group Coaching with Erica Virtual 2nd Tuesdays *Healthy Lifestyle Graduates only	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course	3:30p - 4:30p Small Group Coaching with Kate Virtual 1st Thursdays *Healthy Lifestyle Graduates only	11:30p - 12:30p Cognitive Stimulation Therapy Virtual MWF Course
		1:00p - 2:00p Reading Club Virtual 2nd & 4th Wed Social		Virtual Café Virtual F Social
		3:30p - 5:00p Support Group: Care Partners Virtual 2nd & 4th Wednesday		