

LiveWell



Semester to
THRIVE

January 13th to May 30th
2025

Welcome



Welcome to a new Semester to Thrive!

In September, we celebrated our first year of classes at the Resilient Living Center. We want to extend our heartfelt gratitude to those who participated, provided feedback, and contributed to the design of this new schedule we are excited to introduce!

Here are some changes we want you to know about:

- There are now two semesters each year with special programming in between to keep you engaged your way
- There are more All-Access Pass options to choose from
- Prices in this catalog are listed to demonstrate the daily value of each offering - You'll see the total cost of the schedule you custom design when you check out at registration
- There are new monthly payment plan options to help the total cost fit comfortably into your budget

Participating in a LiveWell Semester to Thrive is about more than gaining and maintaining strengths, knowledge, and skills. It is about investing in your health and wellbeing, your future, and your community.

We encourage you to take this opportunity to explore something new, re-engage with something you love, continue your personal growth, support connections with others, and foster purpose.

Whether you are building on your existing strengths or discovering new passions, we are here to guide and encourage you every step of the way. Thank you for being a part of this vibrant community. We look forward to seeing the growth and positive change that will unfold throughout this semester!

Providing Prevention and Wellness Opportunities.

LiveWell's Resilient Living Center is designed to empower people concerned about their cognitive health and those experiencing life with dementia to be actively engaged in prevention and wellness opportunities. This building, and the resources in it, are the first of its kind in this country.

From classes and programs to a variety of special events that change each month, there is always something happening at the Resilient Living Center that will encourage your curiosity, stimulate your brain, and invite you to make new connections.



Membership

Membership to the Resilient Living Center offers seamless and integrated access to all health and wellbeing offerings. Designed to promote the ability for people to pursue their brain health goals together, a LiveWell Plus Membership includes benefits for two people, for \$50/per month, including preferred access to state of the art hydromassage therapy beds, fitness equipment, open art and fitness studio times, discounts on classes, coaching, programs and special events, and much more! Explore membership and sign up for a free trial at livewell.org/membership.



REGISTRATION IS NOW OPEN!

Visit to Register Today!

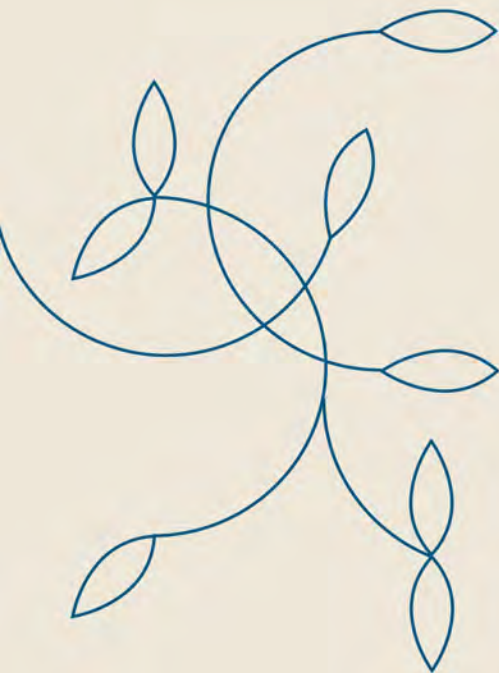
livewell.org/Semester-to-Thrive

MARK YOUR CALENDARS!

Classes will **NOT** be held on the following dates...



- ✓ Friday, April 18, 2025 – Good Friday
- ✓ Monday, May 26, 2025 – Memorial Day



Have a question? Want some help registering?

Your Resource Coordinator is here to help!

Peggy Johns
pjohns@livewell.org
P: 860.628.3004



Registration Experiences



Which Registration Experience Fits You Best?

In response to client feedback, we have updated the registration process to make it easier than ever to register!

- ✓ Enroll in multiple classes through one registration
- ✓ Design your own schedule by choosing à la carte classes or participate in programs designed to take the guesswork out of optimizing your progress and outcomes
- ✓ Set up a payment plan that fits comfortably into your budget

All-Access Passes

The All-Access Pass program is designed for people experiencing mild to moderate cognitive change to encourage health and wellbeing through continued learning and personal growth at the Resilient Living Center.

Choose a Full or Half-Day experience on Monday/Wednesday/Fridays, Tuesday/Thursdays, or Monday through Friday.

Healthy Brain Program

New this semester, The Healthy Brain Program is designed for individuals living with Mild Cognitive Impairment (MCI) or early-stage dementia to actively engage in preventing or reducing the risk of cognitive decline. The program makes it easy to act upon findings from recent research that suggests that multidomain lifestyle interventions, such as dietary counseling, physical exercise, cognitive training, and vascular/metabolic risk monitoring, can offer cognitive benefits to individuals at risk of developing cognitive decline. The program includes a nutrition class, a fitness class, and Cognitive Stimulation Therapy as well as coaching support, and periodic reviews to track progress and optimize outcomes.

À la Carte Classes

Choose just one class or design a whole schedule for yourself that suits your interests and your lifestyle!

Residential

Designed for people who call LiveWell's campus home. Every LiveWell resident has a complimentary membership to the Resilient Living Center. Build a schedule that keeps you engaged, your way!

Thriving with Parkinson's

Designed for people living with Parkinson's disease and other dementias. The courses in this series are designed for people living with Parkinson's disease to encourage a proactive approach to overall health and wellbeing. This series is fully funded by the **Harte of the Zwick Charity Pro-Am**.

Virtual

Engage with offerings from wherever you are. Participate in courses by connecting through Zoom with the device of your choice. Complimentary technical support is offered to help get you set up to succeed, if needed.

Customize your schedule with a mix of experiences that fit your interests and goals. Your Resource Coordinator, Peggy, can help you do this!

All-Access Passes



All-Access Passes

The All-Access Pass program is designed for people experiencing mild to moderate cognitive change. Participants spend a whole or half-day at the Resilient Living Center engaging in experiences and activities that encourage continued learning and personal growth while fostering social connections and building resilience against cognitive decline.

All-Access Passes are now available for experiences throughout the week!

- ✓ Monday through Friday
- ✓ Monday, Wednesday, & Fridays
- ✓ Tuesdays & Thursdays

Choose from a variety of 4 classes in most time slots to build a schedule that suits your interests and your lifestyle!

Be proactive. Build resiliency. Thrive.



*Please note there are a limited number of All-Access Passes available each semester. Register today to secure your spot in the program!

Full-Day All-Access Passes include:

- Engagement from 9a to 4p
- Support navigating between classes
- Lunch at The Gathering Place
- Six classes per day
- Flexible payment plans

Members - \$110/day | Non-Members - \$140/day

Morning Half-Day Passes include:

- Engagement from 9a to noon
- Support navigating between classes
- Option to add lunch for \$10 per day
- Three classes per day
- Monthly payment plans

Members - \$50/day | Non-Members - \$65/day

Afternoon Half-Day Passes include:

- Engagement from 1p to 4p
- Support navigating between classes
- Option to add lunch for \$10 per day
- Three classes per day
- Monthly payment plans

Members - \$50/day | Non-Members - \$65/day

Design your schedule by choosing from more than 30 dynamic offerings such as:

- ✓ Cognitive Stimulation Therapy
- ✓ Games for Brain Health
- ✓ Nature's Canvas
- ✓ Discovering your Inner Artist
- ✓ Open Art Studio
- ✓ Cooking for Brain Health
- ✓ Functional Fitness Training
- ✓ Adaptive Yoga
- ✓ Improv Theatre



9:00a to 9:50a

In the News: Coffee & Conversation

This program is designed exclusively for individuals experiencing mild to moderate cognitive change. We focus on starting the day in a fun and social way. Join us each morning in the Gathering Place to check in on relevant local and national topics of the day while enjoying your favorite breakfast drink in a café environment.

This offering is included in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

10:00a to 10:50a

Seated Exercise for Everyday Activity

Participate in this group fitness class to explore all the innovative ways to strengthen large and small muscle groups, with pushing, pulling, and stretching movements while seated. Work alongside a certified fitness trainer to build confidence through movements adapted to your strengths. Increase your core strength, improve posture, and promote increased flexibility to make common activities more accessible.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Cognitive Stimulation Therapy – Early Stage

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Discovering your Inner Artist

In this class, we explore a variety of mediums, from paints and charcoal to collages and more. Drawing inspiration from books, poetry, and music, we experiment with colors, textures, and creative techniques. Together, we discover our inner artists and create meaningful works of art.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



10:00a to 11:50a

Cooking for Brain Health (1hr 50min)

Join us in exploring the physical and mental benefits of a brain healthy diet. This class covers a wide range of cultures and cuisines from across the world, including 'Blue Zone' communities. This extended period class includes demonstration and hands-on cooking, light prep, and knifework.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass
À la Carte Cost: Members - \$30/day | Non-Members - \$36/day

11:00a to 11:50a

Functional Fitness Training

This class requires the ability to stand unassisted. In this class we will progress to perform big movements we encounter every day, including such movements as pushing, pulling, squatting, reaching, swinging, stepping, chopping, and hinging. We will use materials such as dumbbells, foam noodles, and exercise bands. This class will challenge our neuromuscular strength, balance, coordination, and body awareness.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass
À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Cognitive Stimulation Therapy

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on group interests, promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

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Discovering your Inner Artist

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This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass
À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



12:00p to 12:50p

Lunch at The Gathering Place

With nutritious options at a reasonable price you will find great options to fuel your day! The menu includes items like soups, sandwiches, grain bowls, and specials that change frequently. The cost of lunch is included in the Full-Day All-Access Passes and is available to add-on to Half-Day Passes for \$10/day.

1:00p to 1:50p

Yoga for Health & Wellness

This class practices a series of gentle movements to accommodate all abilities. Offering modifications for both seated and standing postures, the movements participants practice will help improve strength, flexibility, and balance; reduce pain and stiffness; optimize range of motion; promote relaxation; and reduce stress and muscular tension. This class will help to ease the pain associated with fibromyalgia and arthritis, aid in the healing of injuries, accommodate physical limitations and balance both the body and mind.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass
À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Cognitive Stimulation Therapy

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on group interests, promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Half-Day Afternoon Pass
À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Games for Brain Health

This engaging and interactive class is designed to keep your mind sharp and vibrant through fun and stimulating activities in a supportive and lighthearted environment. Through a variety of brain-boosting games and challenges that promote cognitive health, enhance memory, and improve focus, participants will enjoy socializing while participating in games, trivia, and strategy-based activities tailored to all skill levels.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass
À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Yesterday's News is History

If you enjoy discussing the news or history, this is for you. This group provides a platform for individuals to deepen their understanding of history, share knowledge, and engage in thought-provoking conversations. We will explore historic events and their impact and implications on current events. For the history buff or simply someone interested in learning more, the group fosters an inclusive environment where everyone's contributions are valued.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass
À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



1:00p to 1:50p (continued)

Small Group Circuit Training

Participants will be exposed to much of what we offer in the fitness studio. Being in a small group, you will receive personalized attention and will perform a circuit of exercises involving big everyday movements of push, pull, and squat.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

2:00p to 2:50p

Howlin' Jammers Drum Circle

Learn to listen and respond in real time by making improvised music in our Howlin' Jammers group! Explore our variety of drums and percussion instruments in a failure-free environment where all musical contributions are valued. Hone your inner musician and have fun while making new friends and supporting your brain health. No musical experience needed!

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Open Art Studio

This program offers a flexible, creative space where participants can explore the project of the week, finish ongoing projects, or freely use available art materials to create their own unique artwork. With no formal instruction, participants are free to work at their own pace and enjoy the freedom of artistic discovery.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Fitness for Everyday Activities

In this program you will learn practical ways to include movement and exercise into your day, getting significant health benefits without spending hours in the gym. Using daily life situations: rising from a chair, reaching for the kitchen cupboard, or getting into the car, strengthen muscles and create movement patterns that will help you with everyday activities while also strengthening connections with a group who are all also working to remain independent.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Fireside Chat

Fireside Chat is a cozy and welcoming experience that brings people together for meaningful conversations in a relaxed, supportive environment. Each session explores topics, from sharing life stories and reflecting on cherished memories to discussing current events, hobbies, and ideas. The discussions encourage connection, laughter, and thoughtful exchanges while fostering a sense of community. Whether you enjoy reminiscing, sharing wisdom, or simply listening, Fireside Chat is a perfect space to connect with others and warm your spirit through the power of conversation.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



3:00p to 3:50p

Howlin' Jammers Song Circle

Come sing favorite songs curated by our Howlin' Jammers group and play along if you wish! Have fun, make new friends, release stress, and support brain health by singing in a supportive environment designed by a music therapist. No musical experience needed, only an open attitude and a desire to sing!

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Open Art Studio

This program offers a flexible, creative space where participants can explore the project of the week, finish ongoing projects, or freely use available art materials to create their own unique artwork. With no formal instruction, participants are free to work at their own pace and enjoy the freedom of artistic discovery.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Cooking for Brain Health (50min)

Join us in exploring the physical and mental benefits of a brain healthy diet. This class will cover a wide range of cultures and cuisines from across the world, including 'Blue Zone' communities. This class will be more demonstrative and conversative, with some light prep work.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Wisdom Stories

This enriching and interactive course is designed for elders to share their unique life experiences, stories, and hard-earned wisdom in a supportive and respectful environment. Participants reflect on their journeys, impart valuable lessons, and offer advice to others, fostering a sense of connection and community.

Through guided discussions, storytelling, and group activities, participants have the opportunity to explore various themes such as resilience, love, challenges, and triumphs. Sessions encourage open dialogue, deep listening, and mutual respect, allowing participants to learn from one another and celebrate the diverse paths that have shaped their lives.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



9:00a to 9:50a

In the News: Coffee & Conversation

This program is designed exclusively for individuals experiencing mild to moderate cognitive change. We focus on starting the day in a fun and social way. Join us each morning in the Gathering Place to check in on relevant local and national topics of the day while enjoying your favorite breakfast drink in a café environment.

This offering is included in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

10:00a to 10:50a

Flex and Flow Fitness

This class can be done seated or standing. In this class we perform strength training exercises, as well as feel good stretches. Every time we shorten one muscle with strength training, we stretch the muscle of opposition. This class will challenge and improve your strength, posture, balance, and flexibility.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Ceramics: Hand Building

In this class, participants will learn to shape and mold clay using various techniques such as pinching, coiling, and slab building. The focus is on creating unique, handcrafted pieces allowing for creativity and personal expression. This hands-on experience offers the chance to explore texture, form, and design while having fun!

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$25/day | Non-Members - \$30/day

Sharing Joy

In this engaging, discussion-based class, participants come together to explore sources of joy and share them with others in the group. By diving into both individual experiences and the joys expressed by others, we gain fresh insights into ourselves and each other, fostering a deeper sense of connection and happiness.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Cognitive Stimulation Therapy: World Travels

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on the topic of world travels promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



11:00a to 11:50a

Movement to Music

This class is performed entirely seated. In this class we move, wiggle, twist, turn, and sway to the beat of some of our favorite songs. It is a lot of fun and it challenges our strength, endurance, coordination, and body awareness.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Ceramics: Wheel

In this class, participants explore the foundational techniques of shaping clay on a potter's wheel, including centering, raising walls, and forming unique vessels. This hands-on experience requires upper-body strength and fine dexterity, offering an immersive opportunity to develop essential skills while engaging with the tactile nature of the craft.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$25/day | Non-Members - \$30/day

Meditative Movement

This class is a fun and social way to connect with others and is perfect as a couple's experience together. The gentle flowing sequence of movements will encourage improvements in cognition and balance to reduce the risk of falling. Drawing inspiration from the practice of Tai Chi, participants will enjoy benefits for the body and mind. Join this small group experience designed specifically to meet the movement challenges encountered in aging with cognitive change.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Cognitive Stimulation Therapy: World Travels

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on the topic of world travel promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Morning Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

12:00p to 12:50p

Lunch at The Gathering Place

With nutritious options at a reasonable price you will find great options to fuel your day! The menu includes items like soups, sandwiches, grain bowls, and specials that change frequently. The cost of lunch is included in the Full-Day All-Access Passes and is available to add-on to Half-Day Passes for \$10/day.



12:00p to 12:50p (continued)

Thriving with Parkinson's Series | Loud for Life

This follow-up course focuses on ensuring your voice is brought into real world engaging conversations by incorporating cognitive activities and conversation around fun activities and hobbies including music, current events and more all while maintaining those exercises learned throughout the LSVT LOUD protocol. LOUD for LIFE® is for people who have already completed the LSVT LOUD® speech therapy program.

Complimentary offering courtesy of funding from the Harte of the Zwick Charity Pro-Am

1:00p to 1:50p

Thriving with Parkinson's Series | Movement Clinic

In this small group class we draw from established research evidence to develop exercise routines that improve the ability to perform daily functional activities safely and more efficiently. These exercises will improve posture, balance, and quality of our movements to make them more effective. The instructor will consider the specific interests and abilities of everyone to make the classes meaningful and relevant to all participants.

Complimentary offering courtesy of funding from the Harte of the Zwick Charity Pro-Am

Music Appreciation

"Where words fail, music speaks." Gain inspiration from musical artists past and present and a deeper understanding of what made them tick! Every class is an exploration, reminiscence, and celebration of the musical artists and movements that shaped our world and shaped us as people. Enjoy forgotten favorites and new musical discoveries with the guidance of a board-certified music therapist.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Nature's Canvas

Unleash your creativity and deepen your connection to nature in this comprehensive program designed for garden enthusiasts of all levels. In this immersive experience, participants will engage in hands-on gardening projects, learning the essentials of plant care, propagation techniques, nature-based crafts, and the art of flower arranging.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Introduction to Poetry

Explore the world of poetry in a warm and supportive environment designed for individuals experiencing early cognitive change to moderate dementia. This class is perfect for those who love language, enjoy creative expression, or simply want to try something new. Come discover the power of words to inspire, heal, and unite with others.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



1:00p to 1:50p (continued)

ReDiscovering Meaning and Purpose through Volunteerism

This course offers hands-on volunteer activities, providing opportunities to use your skills and talents to make a difference in the community. Designed for individuals with cognitive changes, each session features curated volunteer experiences with local organizations. Activities might include creating cards for children with cancer or making treats for animals at the Humane Society. In this course, you can follow your passions while giving back to others.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

2:00p to 2:50p

Glee Club

Did you know that group singing is both fun AND contains a variety of health benefits? Join the Glee Club and keep your voice strong with vocal exercises and your favorite tunes! This group may improve vocal strength and clarity, support lung health, encourage stress reduction, and foster social connection!

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

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Unleash your creativity and deepen your connection to nature in this comprehensive program designed for garden enthusiasts of all levels. In this immersive experience, participants will engage in hands-on gardening projects, learning the essentials of plant care, propagation techniques, nature-based crafts, and the art of flower arranging.

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Thriving in the Moment: Improv Theatre

This program is designed to improve brain health through creativity and connection. Engage in physical and verbal exercises inspired by improvisational theater games and activities. Humor is encouraged!

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

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Cognitive Stimulation Therapy

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3:00p to 3:50p

Music Appreciation

“Where words fail, music speaks.” Gain inspiration from musical artists past and present and a deeper understanding of what made them tick! Every class is an exploration, reminiscence, and celebration of the musical artists and movements that shaped our world and shaped us as people. Enjoy forgotten favorites and new musical discoveries with the guidance of a board-certified music therapist.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Creative Crafting

Unleash your creativity in a fun and social environment! This class offers a variety of tasteful, hands-on crafting experiences, including candle-making, scrapbooking, jewelry-making, clay modeling, and more! Here, you will create meaningful keepsakes while connecting with others. Join us to explore new techniques, express your artistic side, and bring home beautiful creations that are as unique as you are!

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Venus Women’s Club

Venus Women’s Club is dedicated to empowering women through meaningful discussions on issues that impact their lives today. We will explore the stories of influential women throughout history, celebrating their achievements and learning from their legacies. Our group fosters connection and support, creating a space where women can share ideas, build relationships, and inspire one another.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Mars Men’s Club

This group offers an opportunity for men to discuss topics that matter to them, share experiences, seek advice, support one another, and just have fun in good company. The group encourages mutual respect, active listening where participants can express themselves openly and without judgment.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

Fall Prevention

In this class participants work on improving posture, strength, and body awareness to reduce the risk of falling. The exercises and activities in this class are designed to evolve as participants build a foundation of strength to support better balance and encourage confidence further enhancing the ability to prevent falls.

This offering is included as an option in the cost of an All-Access Full-Day Pass or Afternoon Half-Day Pass

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



The Healthy Brain Program

New this semester, The Healthy Brain Program is designed for individuals living with Mild Cognitive Impairment (MCI) or early-stage dementia to actively engage in preventing or reducing the risk of cognitive decline. The program makes it easy to act upon findings from recent research that suggests that multidomain lifestyle interventions, such as dietary counseling, physical exercise, cognitive training, and vascular/metabolic risk monitoring, can offer cognitive benefits to individuals at risk of developing cognitive decline. The program includes a nutrition class, a fitness class, and Cognitive Stimulation Therapy, as well as coaching support and periodic reviews to track progress and optimize outcomes.

A comprehensive, holistic approach to prevent cognitive decline

- ✓ Thursdays from 11a to 3p
- ✓ Evidence-based and informed
- ✓ Targets key modifiable risk factors
- ✓ Includes coaching support throughout the program
- ✓ Includes a nutritious lunch
- ✓ Health and wellbeing reviews to track progress and optimize outcomes
- ✓ Designed to be a fun, social experience, in a supportive environment

This curriculum combines three key elements shown to be effective in impacting the pace of progression—Cognitive Stimulation Therapy (CST), Fitness/Movement, and Nutrition for Brain Health.

Program Cost: Members - \$65/day | Non-Members - \$80/day



Be proactive. Build resiliency. Thrive.

The Healthy Brain Program targets modifiable risk factors for dementia as outlined in *the Report of the Lancet Commission on dementia*, which highlights that 40% of dementia cases can be prevented through lifestyle interventions such as nutrition, physical activity, social connection, and cognitively stimulating activities.

In a follow-up to the 2020 report that identified evidence for the risk factors, the 2024 update provides new hopeful evidence about dementia prevention, intervention, and care.

The 14 Risk Factors identified by the Lancet Commission are:

- | | | |
|-----------------------|-----------------------|--------------------------|
| ✓ Hearing loss | ✓ Obesity | ✓ Traumatic brain injury |
| ✓ Social isolation | ✓ Depression | ✓ High cholesterol |
| ✓ Vision loss | ✓ Physical inactivity | ✓ Air pollution |
| ✓ High blood pressure | ✓ Diabetes | ✓ Education |
| ✓ Smoking | ✓ Alcohol consumption | |



Healthy Brain Program Schedule

Program Cost: Members - \$65/day | Non-Members - \$80/day

11:00a to 11:50a

Eating for Brain Health

In this informative and interactive course, participants will explore and discuss the powerful connection between nutrition and brain function, delving into how food can shape cognitive health, mood, and overall brain performance. In this class participants will learn strategies, techniques, and ideas for planning and preparing brain healthy snacks and meals. Inspiration will be drawn from the MIND diet.

12:00p to 12:50p

Lunch at The Gathering Place

A nutritious lunch at The Gathering Place is included! The café menu includes items like salads, soups, sandwiches, grain bowls, specials that change frequently, and other items to fuel your day.

1:00p to 1:50p

Cognitive Stimulation Therapy – Early Stage

This 50-minute Cognitive Stimulation Therapy (CST) class was designed exclusively for the Healthy Brain Program. CST has been found to improve general cognitive functioning, language comprehension and production, and quality of life. Each CST session is designed to stimulate thinking and memory, and connect with others in a fun, social, relaxed atmosphere. The sessions follow a general theme, with activities chosen based on the interests of the group.

2:00p to 2:50p

Neuromuscular Strength and Conditioning

Designed specifically for the Healthy Brain Program, this class is performed primarily standing. Exercises will use body weight, dumbbells, and resistance bands. It will combine sport-specific and functional movements, challenging strength, balance, coordination, and proprioception; overall enhancing the connection between the brain and muscles.



9:00a to 10:00a

Virtual Fitness for Everyday

In this program you will learn practical ways to include movement and exercise in your everyday life, getting significant health benefits without spending hours in the gym. Using daily life situations; rising from a chair, reaching for the kitchen cupboard, or getting into the car, strengthen muscles and create movement patterns that will help you in everyday activities while also strengthening connections with a group who are all also working to remain independent.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

11:00a to 12:00p

Virtual Cognitive Stimulation Therapy

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on group interests, promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

2:00p to 3:00p

Virtual Cognitive Stimulation Therapy

This course is for individuals with early cognitive changes to moderate dementia. The evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Each session offers engaging activities based on group interests, promoting social connection in a fun, relaxed setting. Sessions are led by LiveWell's trained dementia specialists.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



9:00a to 10:00a

Virtual Cognitive Stimulation Therapy – Early Stage

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

10:00a to 11:00a

Virtual Rhythm & Strength: Total Body Fitness

This energetic class combines cardio, strength, and core exercises with music. Suitable for both sitting and standing participants, each session focuses on total body fitness and fun. Get ready to sweat, smile, and feel accomplished!

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

11:00a to 12:00p

Virtual Cognitive Stimulation Therapy – Early Stage

Designed for individuals with early cognitive change, this evidence-based Cognitive Stimulation Therapy (CST) curriculum aims to improve cognitive function, language, and quality of life. Sessions are led by LiveWell's trained dementia specialists and promote social connection through engaging activities based on group interests, in a fun, relaxed setting.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day

3:00p to 4:00p

Virtual Mindful Meditation

In this virtual mindful meditation program, participants will learn how to cultivate mindfulness through guided meditation, breathwork, body scans, and simple techniques for staying present. Whether you are new to mindfulness or engage in regular practice, this program will offer a supportive environment to deepen self-awareness, reduce stress, and promote emotional wellbeing in daily life.

À la Carte Cost: Members - \$15/day | Non-Members - \$18/day



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