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Semester to THRIVE

January 5th – May 22nd
2026

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

Have a question? Ready to register?

Your Resource Coordinator is here to help!

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Welcome



Welcome to our Spring Semester!

At LiveWell's Resilient Living Center, being part of our community means more than maintaining and building strengths, knowledge, and skills- it's an investment in your health, wellbeing, future, and connections with others. The Resilient Living Center is designed to empower people concerned about their brain health, including those living with dementia, to stay actively engaged in prevention and wellness opportunities. This building, and the resources within it, are the first of its kind in the country.

This semester, we invite you to explore something new, revisit what you love, nurture your personal growth, and strengthen your sense of purpose. We offer two main semesters each year, along with special programming in between, and monthly special events to keep you engaged in the ways that work best for you. Whether you're expanding existing strengths or discovering new passions, we're here to support you every step of the way. Thank you for being part of our vibrant community.

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, 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, access to outdoor courtyards and LiveWell's new Cascade Spa! A LiveWell Virtual Membership, for \$25/month, offers complimentary access to virtual signature programs as well as discounts on virtual classes, coaching, and programs. Explore membership and sign up for a free trial at livewell.org/membership.



Special Events

We offer many monthly special events which are either free or at a discounted rate for members. See our monthly list of events at livewell.org/special-events.

Registration Experiences



All-Access Passes

Designed for people experiencing mild to moderate cognitive change who benefit from extra support while engaging in health, learning, and personal growth at the Resilient Living Center. Choose a Full or Half-Day for flexible access to classes, activities, and staff-guided support.

Resilient Living Courses

Open to everyone and specifically designed for individuals living with a mild to moderate experience of dementia. Choose just one class or design a whole schedule for yourself that suits your interests and your lifestyle!

Virtual

Offerings accessible 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.

Thrive Courses

Designed for people who are interested in healthy lifestyle habits that can prevent and reduce the risk of developing dementia, those who are newly experiencing cognitive change or are newly diagnosed.

Thriving with Parkinson's

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.

Residential

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

No Classes on Friday, April 3rd

Courses are priced between \$16 to \$25 per class for members. Monthly payment plans are available. More details can be found during registration.

Course Selection



Which courses are best for me?

Which courses are best for me? LiveWell believes in an approach to living well that intentionally creates opportunity to feel seen, heard and foster a sense of belonging no matter where you are on your brain health journey. We know that each person's experience is unique to them, as are their strengths and challenges. Please use the descriptors below to assist you in identifying which courses may be right for you and the person you may be supporting or call us to learn more.

Resilient Living Courses

- Open to everyone; specifically designed for individuals with mild to moderate dementia; marked with a green leaf.
- Suitable for participants who may benefit from light to moderate cueing or individual disability support.
- Help participants feel successful and participate at their highest potential.

Thrive Courses

A collection of courses focused on brain health; marked in the catalogue with a blue leaf.

- Designed for people newly experiencing cognitive changes or newly diagnosed; also for individuals without a diagnosis who want to adopt healthy lifestyle habits to reduce future dementia risk.
- Participants should be comfortable following group instructions, benefit from self-directed learning, and are at ease socializing independently.



Join us before or after class!

breakfast + lunch

Monday - Friday 7am - 3p + 3rd Saturday of the month

All-Access Passes



An Alternative to Adult Day

The All-Access Pass is designed for individuals experiencing mild to moderate cognitive change. More than just a place to spend time, our program is a dynamic environment for continued growth, learning, and meaningful engagement. This is not “adult day” as you know it - this is Resilient Living. Participants spend a full 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.

- ✓ Monday through Friday
- ✓ Monday, Wednesday, & Friday
- ✓ Tuesday & Thursday
- ✓ Wednesday (Full Day Only)
- ✓ Friday (NEW-Full Day Only)

Choose from a variety of classes to build a schedule that suits your interests and your lifestyle! Flexible payment plans are available.



All-Access Passes include:

- Engagement from 9:00a - 4:00p for Full Day (6 classes)
Members - \$116/Day
- Engagement from 9:00a - 12:00p or 1:00p - 4:00p for Half Day (3 classes)
Members - \$53/Day
 - Add on an optional lunch from 12:00p – 1:00p
Members - \$10/Day
 - Support and engagement during meals
 - Navigation assistance between classes
 - Some assistance with restroom needs available
- A community of peers to connect with, learn alongside, and enjoy shared experiences

Choose from any of our over 50 Resilient Living Courses to build your unique day!

Spaces are limited- register today!

RESILIENT LIVING IN-PERSON OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

9am	Coffee & Conversation			
10am	Cognitive Stimulation Therapy	Mind Matters in Science	Rhythm & Hues Painting	Seated Exercise
11am	Cognitive Stimulation Therapy	Discovering Your Inner Artist	Standing Functional Fitness	Tai Chi
12pm	Lunch			
1pm	Mixed Media Art	Standing Functional Fitness	Voices & Views	Yesterday's News Is History
2pm	Drum Circle	From Our Kitchen to Yours	Mind Matters in Science	Movement to Music
3pm	Brain Sparks Trivia	Collaborative Art	Glee Club	Exploring Joy

*Details on pages ahead



MONDAY/WEDNESDAY/FRIDAY

9:00a to 9:50a

Coffee & Conversation

A morning program offering a fun, social start to the day. Join us in The Gathering Place to enjoy a light breakfast, discuss local and national news, and catch up on what's happening in each other's lives.

10:00a to 10:50a

Cognitive Stimulation Therapy (CST)

Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

Mind Matters in Science

Engaging discussions on a variety of scientific topics that stimulate memory, critical thinking, and curiosity while exploring how we interact with the natural world.

Rhythm & Hues Painting

Painting sessions using curated playlists to inspire color, form, and emotion; paint independently or collaboratively with occasional hands-on assistance.

Seated Exercise

Adaptive, chair-based fitness with a certified trainer focusing on core strength, posture, flexibility, balance, mobility, and functional movement adaptations.



MONDAY/WEDNESDAY/FRIDAY

11:00a to 11:50a

Cognitive Stimulation Therapy (CST)

Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

Discovering Your Inner Artist

Explore multiple mediums (paint, pastel, printing+) experiment with color, texture, and technique to create personal artwork. Inspired by Opening Minds Through Art (OMA), an evidenced based, award winning program from Miami University.

Standing Functional Fitness

Energizing, full body standing workout using light weights and bands to boost strength, balance, coordination and mobility for daily activities in a positive, supportive environment.

Tai Chi

Practice a gentle, flowing set of meditative movements that strengthen body and mind, improve balance and cognition, and reduce fall risk and stress. Suitable for individuals or couples of all physical ability levels; seated adaptations available for all moves.

12:00p to 12:50p

Lunch at The Gathering Place

Enjoy wholesome lunches with rotating daily specials (soups, sandwiches, flatbreads, salads, grain bowls) included with Full-Day All-Access Passes or add to Half-Day Passes for \$10/day. Shared seating and conversation encourage socializing and new friendships.

RESILIENT LIVING IN-PERSON OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

1:00p to 1:50p

Mixed Media Art 🌱

Discover the joy of layering color, texture, and shape as you explore a wide variety of fun materials to create art that is uniquely yours.

Standing Functional Fitness 🌱

Energizing, full body standing workout using light weights and bands to boost strength, balance, coordination and mobility for daily activities in a positive, supportive environment.

Yesterday's News is History 🌱

Discussion group exploring historical events, their impact on today, and connections to current news. Inclusive forum for sharing knowledge, deepening understanding, and engaging in thought-provoking conversation for history buffs and curious learners.

Voices & Views 🌱

Conversation-based program for sharing thoughts, experiences, and perspectives on topics from current events to personal memories in an open, respectful space — listen, learn, and be heard.

2:00p to 2:50p

Drum Circle 🌱

Improvised group percussion using a variety of drums and instruments in a supportive, no-pressure setting; no musical experience required! Build listening, pattern, recognition and real-time response skills while supporting socialization and brain health.

From Our Kitchen to Yours 🌱

Hands-on cooking class exploring global cuisines from all five Blue Zones, modern techniques, and updated classics; suitable for all skill levels. Featuring demonstrations and step-by-step instructions with a focus on healthy eating.

RESILIENT LIVING IN-PERSON OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

Mind Matters in Science 🌱

Engaging discussions on a variety of scientific topics that stimulate memory, critical thinking, and curiosity while exploring how we interact with the natural world.

Movement to Music 🌱

Energetic, fully seated class that moves to familiar songs — wiggle, twist, sway, and groove to boost strength, endurance, coordination, and body awareness in a fun, low-impact format.

3:00p to 3:50p

Brain Sparks Trivia 🌱

Lively, social trivia program mixing Jeopardy-style questions and other brain games to entertain, stimulate cognition and increase attention in a relaxed, fun atmosphere.

Collaborative Art 🌱

Welcoming, multi-media workshops (painting, collage, textiles) that emphasize shared creative processes, sensory exploration, self-expression, and social connection; open to all skill levels.

Glee Club 🌱

Group singing with vocal exercises and favorite tunes to strengthen voice, improve speech clarity and lung health, reduce stress, and build social connections while having fun.

Exploring Joy 🌱

Discussion group to reflect on and share the simple joys in our lives and reconnect with what truly lifts our spirits.

RESILIENT LIVING IN-PERSON OFFERINGS



TUESDAY/THURSDAY

9am	Coffee & Conversation			
10am	Seated Exercise	TV History Appreciation	Where Words and Art Meet	World Travels
11am	Golden Years Rewind	Rhythm & Hues Painting	Standing Functional Fitness	World Travels
12pm	Lunch			
1pm	Art Appreciation	Giving Back Through Volunteerism	Group Story Writing	Fireside Chat
2pm	Men's Group	Movement to Music	Music Appreciation	Nature's Canvas
3pm	Ceramics Hand Building	Film Appreciation	Introduction to Improv	Nature's Canvas

*Details on pages ahead



TUESDAY/THURSDAY

9:00a to 9:50a

Coffee & Conversation

A morning program offering a fun, social start to the day. Join us at The Gathering Place to enjoy a light breakfast, discuss local and national news, and catch up on what's happening in each other's lives.

10:00a to 10:50a

Seated Exercise

Adaptive, chair-based fitness with a certified trainer focusing on core strength, posture, flexibility, balance, mobility, and functional movement adaptations.

TV History Appreciation

Explore classic American television through iconic characters, storylines, and theme songs; guided discussions and shared memories that reflect on TV's cultural impact and personal nostalgia.

Where Words & Art Meet

Create one-of-a-kind art and work together to create poetry to pair alongside. Inspired by Opening Minds Through Art (OMA), an evidenced based, award winning program from Miami University.

World Travels

Immersive virtual journeys exploring cultures, landmarks, traditions, and stories from around the globe through video clips, tours, storytelling, and group conversation.



TUESDAY/THURSDAY

11:00a to 11:50a

Golden Years Rewind

Decade-by-decade reminiscence using music, vintage imagery, and guided storytelling to evoke memories, celebrate past experiences, and foster social connections. Learn new things about cultural icons, historical events, foods, and inventions.

Rhythm & Hues Painting

Painting sessions using curated playlists to inspire color, form, and emotion; paint independently or collaboratively with occasional hands-on assistance.

Standing Functional Fitness

Energizing, full body standing workout using light weights and bands to boost strength, balance, coordination and mobility for daily activities in a positive, supportive environment.

World Travels

Immersive virtual journeys exploring cultures, landmarks, traditions, and stories from around the globe through video clips, tours, storytelling, and group conversation.

12:00p to 12:50p

Lunch at The Gathering Place

Enjoy wholesome lunches with rotating daily specials (soups, sandwiches, flatbreads, salads, grain bowls) included with Full-Day All-Access Passes or add to Half-Day Passes for \$10/day. Shared seating and conversation encourage socializing and new friendships.



TUESDAY/THURSDAY

1:00p to 1:50p

Art Appreciation

Guided, visual explorations of themed collections and famous artists that spark reflection, discussion, and connection with iconic works and hidden gems - no prior knowledge required.

Giving Back Through Volunteerism

Hands-on, curated volunteer experiences connecting people with cognitive change to local organizations to contribute skills, build purpose, and engage in community service; the group also plans and runs special events to foster connection on LiveWell's campus.

Group Story Writing

Collaborative, strength-based storytelling inspired by TimeSlips(TM): participants view an image and co-create imaginative stories guided by prompts, not accuracy- no writing experience required.

Fireside Chat

A cozy, welcoming, discussion-based program offering meaningful conversations that spark connection through shared memories, current events, hobbies, and thoughtful, laughter-filled exchanges in a supportive group setting.

2:00p to 2:50p

Men's Group

Peer group program for men to share experiences, learn about new topics, seek advice, and enjoy camaraderie in a respectful, nonjudgmental setting that values listening and mutual support.

Movement to Music

Energetic, fully seated class that moves to familiar songs — wiggle, twist, sway, and groove to boost strength, endurance, coordination, and body awareness in a fun, low-impact format.



TUESDAY/THURSDAY

Music Appreciation

“When words fail, music speaks.” Listening-based journey through artists past and present through stories, video and audio clips, reminiscence, and celebration of music’s power to inspire and connect.

Nature’s Canvas

Creative gardening program for all skill levels combining hands-on plant care, growth and propagation, nature crafts, and floral design to inspire creativity and outdoor connection.

3:00p to 3:50p

Ceramics: Hand Building with Clay

Beginner-friendly hand-building class — pinch pots, trinkets, and playful sculptures; no experience required, guided instruction with intermittent hands-on assistance; come ready to get a little messy and enjoy the process.

Film Appreciation

Lights, Camera, Action! Dive into film’s art, history, and language through screenings and analysis of landmark works across genres and eras, exploring their cultural and historical impact.

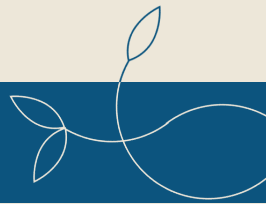
Introduction to Improv

Fun, low-pressure improv sessions using games and short scenes to encourage spontaneity, creativity, and social engagement.

Nature’s Canvas

Creative gardening program for all skill levels combining hands-on plant care, growth and propagation, nature crafts, and floral design to inspire creativity and outdoor connection.

THRIVE IN-PERSON OFFERINGS



*See days of the week next to each class

7:30am

HIINT Fitness Class
(T/TH)

10am

Cognitive Stimulation
Therapy-Early Stage (M/W/F)

Cognitive Stimulation
Therapy-Early Stage (T/TH)

11am

Cat's Got Your Tongue: Word
Finding Strategies (F) - 10 weeks

12pm

Brain Fitness (F)

1pm

Introduction to Mindfulness (M)

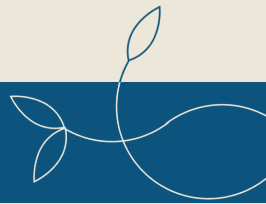
2pm

3pm

Restorative Rhythms for
Care Partners (TH)

*Details on pages ahead

THRIVE IN-PERSON OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

10:00a to 10:50a

Cognitive Stimulation Therapy – Early Stage

Evidence-based CST for people with early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connection; led by LiveWell's trained dementia specialists.

TUESDAY/THURSDAY

7:30a to 8:20a

High Intensity Interval Neuromuscular Training (HIINT)

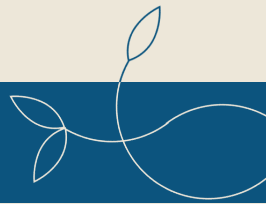
Designed for those who are mobile and free of major orthopedic concerns, HIINT follows a traditional HIIT format of alternating intense exercise with brief rest. What sets it apart is the integration of movements that challenge muscular, cardiovascular, and nervous systems while engaging the mind—creating a full-body, mind–body workout.

10:00a to 10:50a

Cognitive Stimulation Therapy – Early Stage

Evidence-based CST for people with early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

THRIVE IN-PERSON OFFERINGS



MONDAYS ONLY

1:00p to 1:50p

Introduction to Mindfulness

Short, evidence-based practices- breathwork, attention exercises, and brief guided meditations - to reduce stress, strengthen brain health, and improve focus and emotional resilience.

THURSDAYS ONLY

3:00p to 3:50p

Restorative Rhythms for Care Partners

A restorative music therapy group designed for care partners who support loved ones living with dementia or memory change. Through guided musical experiences- such as lyric exploration, drumming, and relaxation - participants are invited to reconnect with their own inner steadiness, creativity, and sense of community.

FRIDAYS ONLY

11:00p to 11:50p (10 weeks starting March 13th)

Cat's Got Your Tongue? Word Finding Strategies

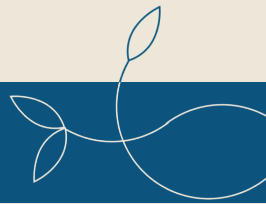
Practical class teaching weekly strategies to help retrieve words in conversation; practice techniques to try between sessions and find what works best. Designed for people newly diagnosed with cognitive change interested in learning new skills and for older adults worried about normal age-related word-finding.

12:00p to 12:50p

Brain Fitness (Complimentary for New Registrants)

Free weekly intro for newcomers covering six cognitive domains—memory, reasoning, processing speed, attention, sequencing, and visual-spatial skills—through fun exercises and lifestyle strategies to support brain health and help prevent or slow early cognitive decline.

ALL VIRTUAL OFFERINGS



***See days of the week next to each class**

9am

**Virtual Fitness for
Everyday (M/W/F)**

**Virtual The Art of
Storytelling 9:30a-11:00a
(M) 10 weeks**

10am

11am

**Virtual Cognitive
Stimulation Therapy
(M/W/F)**

**Virtual Cognitive
Stimulation Therapy –
Early Stage (T/TH) w. Patty**

**Virtual Cognitive
Stimulation Therapy –
Early Stage (T/TH) w. Erica**

12pm

1pm

Virtual Let's Chat (T/TH)

**Virtual Mindfulness for
Everyday Living (T)**

***Details on pages ahead**

RESILIENT LIVING VIRTUAL OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

9:00a to 9:50a

Virtual Fitness for Everyday

Virtual fitness program teaching ways to incorporate movement patterns and exercise into everyday life routines- through sit-to-stand, reaching, getting in/out of a car, building strength, mobility, and independence. Foster connection in a supportive group.

11:00a to 11:50a

Virtual Cognitive Stimulation Therapy (CST)

Evidence-based CST for people with early to moderate dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connection; led by LiveWell's trained dementia specialists.

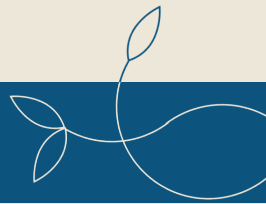
TUESDAY / THURSDAY

1:00p to 1:50p

Virtual Let's Chat

A virtual program that brings people together for lively discussions and personal growth. Explore arts and culture, health and wellness, personal development, current events, and history - all in an uplifting space.

THRIVE VIRTUAL OFFERINGS



MONDAYS ONLY

9:30a to 11:00a (10 weeks starting March 16th)

Virtual The Art of Storytelling 🌿

This course is designed to help you uncover, shape, and share your own personal narratives with authenticity and impact. Learn to craft stories for writing, speaking, or digital platforms through guided exercises that strengthen structure, voice, and emotional resonance.

TUESDAYS ONLY

1:00p to 1:50p

Virtual Mindfulness for Everyday Living 🌿

Bring wisdom and balance to the challenging situations that arise in your life. Living each moment, one moment at a time.

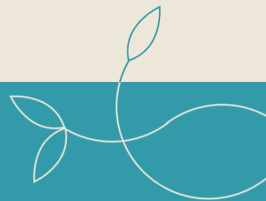
TUESDAY/THURSDAY

11:00a to 11:50a

Virtual Cognitive Stimulation Therapy (CST) -Early Stage 🌿

Evidence-based CST for people with early stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connection; led by LiveWell's trained dementia specialists.

THRIVING WITH PARKINSON'S SERIES



This series is fully funded by the Harte of the Zwick Charity Pro-Am.

TUESDAYS ONLY

12:00p to 12:50p

Loud for Life

This follow-up course helps you carry your stronger voice into real-world conversations through cognitive activities and discussions on hobbies like music and current events, while continuing the exercises from the LSVT LOUD protocol.

1:00p to 1:50p

Parkinson's Movement Clinic (Dynamic)

This small group class, designed for those who have completed the Intro course, uses research-based exercises to improve posture, balance, and everyday movement. Using established research, routines are tailored to each participant's abilities and interests, helping make daily activities safer, more efficient, and more meaningful.

THURSDAYS ONLY

1:00p to 1:50p

Parkinson's Movement Clinic (Intro)

This small group class uses research-based exercises to improve posture, balance, and everyday movement. Using established research, routines are tailored to each participant's abilities and interests, helping make daily activities safer, more efficient, and more meaningful. This class is for participants new to the series.

Resilient Living Center **SPECIAL EVENTS**

New each month
Open to all!

Some events may require advanced registration



Scan for calendar

View Full List of Events & Details at
livewell.org/special-events

LiveWell

