

LiveWell



Semester to **THRIVE**

September 8th - December 18th
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!

Peggy Johns
pjohns@livewell.org
P: 860.628.3004



Welcome



Welcome to our Fall 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

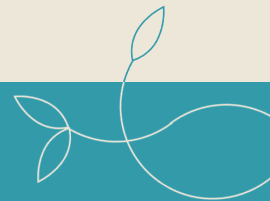
Membership to the Resilient Living Center offers seamless and integrated access to all health and wellbeing offerings. Designed to promote the ability for people to pursue their brain health goals, a LiveWell Plus Membership includes benefits for two people, for \$50/per month, including preferred access 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 November 25th - 27th

Courses are priced between \$16 to \$35 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 7a - 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
- ✓ Monday (Full Day Only)
- ✓ Wednesday (Full Day Only)
- ✓ Friday (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
 - Full Day passes include a light breakfast and lunch
 - Half-Day Passes can add an optional lunch for \$10
 - 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 40 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	Music Appreciation	Quiet Minds, Creative Hands	Seated Exercise
11am	Cognitive Stimulation Therapy	Mixed Media Art & More	Standing Functional Fitness	Tai Chi
12pm	Lunch			
1pm	Brain Sparks Trivia	Connecting to Our Roots	Film Appreciation	Yesterday's News Is History
2pm	Drum Circle	Mind Matters in Science	Movement to Music	Texture Exploration
3pm	From Our Kitchen to Yours	Glee Club	Rhythm & Hues Painting	Women's Group

*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 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.

Music Appreciation

Exploring diverse genres from jazz and classical to folk and rock & roll, this relaxed and engaging music appreciation class will explore favorite songs, discover new music, and share memories connected to what we hear. Come listen and reflect through music in a way that sparks joy, conversation, and connection!

Quiet Minds, Creative Hands

This class encourages relaxation and self-expression through mindful art-making. Sessions include gratitude prompts, affirmations, and tranquil music where art and meditation come together.

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 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.

Mixed Media Art & More

Discover the endless possibilities of mixed media art by combining two or more art materials or techniques into a single creation. Through projects like collages, assemblages, scrapbooking, and creative crafts, you'll layer, arrange, and design artwork that is uniquely your own!

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, including soups, sandwiches, flatbreads, salads, and grain bowls, included with Full-Day All-Access Passes. Lunch is also available with 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

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.

Connecting to Our Roots 🌱

Through poetry, seasonal crafts, and mindfulness, this greenhouse class invites participants to slow down, create, and reflect. Inspired by nature and the changing seasons, we will explore our personal experiences, traditions, and connections to one another. Together, we'll cultivate creativity, gratitude, and a deeper appreciation for the roots that ground us.

Film Appreciation 🌱

Lights, Camera, Action! Immerse yourself in the art, history, and language of film through the viewing and analysis of significant works from various genres, time periods, and cultures. This class also explores the social, cultural, and historical contexts that shape films and their impact on audiences.

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.

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.

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.

RESILIENT LIVING IN-PERSON OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

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.

Texture Exploration

Explore how different textures can bring artwork to life! Through hands-on projects, we'll discover how raised, rough, smooth, and layered surfaces add depth, movement, and interest to our creations.

3:00p to 3:50p

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.

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.

Rhythm & Hues Painting

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

Women's Group

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.

RESILIENT LIVING IN-PERSON OFFERINGS



TUESDAY/THURSDAY

9am	Coffee & Conversation			
10am	Art Appreciation	Seated Exercise	TV History Appreciation	World Travels
11am	Group Story Writing	Rhythm & Hues Painting	Standing Functional Fitness	World Travels
12pm	Lunch			
1pm	Animals of the Earth	Giving Back Through Volunteerism	Nature's Canvas	Seated Yoga
2pm	Cognitive Stimulation Therapy	Men's Group	Movement to Music	Nature's Canvas
3pm	Ceramics: Hand Building	Game Connections	Patio Chat	Sports Talk

*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

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.

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.

World Travels

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



TUESDAY/THURSDAY

11:00a to 11:50a

Group Story Writing 🌱

Unleash your imagination in this creative group experience where participants view a compelling image and work together to build a shared story. Whether whimsical, dramatic, or thought-provoking, each tale is shaped by the unique ideas and voices in the room. No writing experience needed - just curiosity and creativity!

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 conversations.

12:00p to 12:50p

Lunch at The Gathering Place 🌱

Enjoy wholesome lunches with rotating daily specials, including soups, sandwiches, flatbreads, salads, and grain bowls, included with Full-Day All-Access Passes. Lunch is also available with Half-Day Passes for \$10/day. Shared seating and conversation encourage socializing and new friendships.

RESILIENT LIVING IN-PERSON OFFERINGS



TUESDAY/THURSDAY

1:00p to 1:50p

Animals of the Earth

Discover the incredible diversity of animal life across the globe through pictures, sounds, videos, stories, and conversation, featuring both familiar favorites and fascinating new species. Explore how animals live, adapt, and thrive in their environments.

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.

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.

Seated Yoga

This gentle seated yoga class is designed for all abilities, with most poses practiced from a chair. Using props such as straps and blocks for support, participants will improve flexibility, strength, and mobility while cultivating mindfulness in a supportive and inclusive environment. Perfect for beginners, those with limited mobility, or anyone seeking a gentle yoga practice.

2:00p to 2:50p

Cognitive Stimulation Therapy (CST)

Evidence-based CST for people with 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

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.

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 🌱

Discover the joy of working with clay in this beginner-friendly hand-building class. Create pinch pots, trinket dishes, and playful sculptures while learning basic clay techniques. Guided instruction and hands-on support are provided throughout the class. No experience is necessary. Get a little messy and enjoy the process!

Games Connections 🌱

Have fun, stay engaged, and connect with others through a variety of card games, board games, puzzles, and brain teasers. Facilitators help guide play, explain rules, and encourage conversation. Whether you're revisiting a favorite game or trying something new, this program offers a fun opportunity to challenge your mind and enjoy community.



TUESDAY/THURSDAY

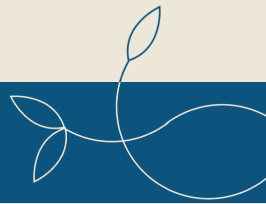
Patio Chat 🍃

A welcoming, discussion-based gathering that brings people together for meaningful conversations. Enjoy connecting through shared memories, hobbies, current events, and lighthearted moments in a relaxed, supportive setting.

Sports Talk 🍃

Your go-to discussion group for everything sports! From inspiring athletes and buzzer beaters to sports history and hot topics, share opinions, celebrate victories, and connect with fellow fans.

THRIVE IN-PERSON OFFERINGS

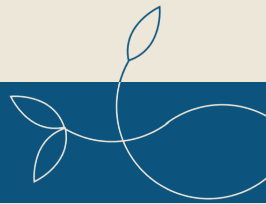


*See days of the week next to each class

7:30am	HIINT Fitness Class (M/W/F) 30 min	HIINT Fitness Class (T/TH) 30 min	
10am	Cognitive Stimulation Therapy-Early Stage (M/W/F)	Cognitive Stimulation Therapy-Early Stage (T/TH)	HIINT Fitness Class (T/TH) 30 min
11am	Reading With Open Minds (W)	Cat's Got Your Tongue? (F) 10 Weeks	
12pm	Mindfulness for Resilience (W)	Intro to Brain Fitness (F)	
1pm	Fall Prevention (M/W/F)	Intro to Mah Jongg (M) 90 min	Harmony Together: Music for Couples (TH)
2pm	Brain Fitness (W)	Ceramics: Intro to Wheel (T/TH) 6 Weeks 2 Hr	

*Details on pages ahead

THRIVE IN-PERSON OFFERINGS



MONDAY/WEDNESDAY/FRIDAY

7:30a to 8:00a

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

Virtual Cognitive Stimulation Therapy (CST) - Early Stage

Evidence-based CST for people with MCI or 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

1:00p to 1:50p

Fall Prevention

In this program participants will work on improving posture, strength, and body awareness that will help 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.

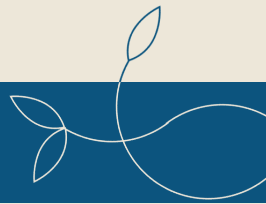
MONDAYS ONLY

1:00p to 2:30p

Introduction to Mah Jongg

Learn, refresh, or strengthen your Mah Jongg (American) skills in this fun and welcoming class. Beginners will learn the fundamentals through easy-to-follow instruction, while experienced players can practice strategy and enjoy friendly play. Exercise your memory, attention and problem-solving skills while connecting with fellow players over conversation and friendly competition. No experience necessary. Just bring your enthusiasm and get ready to play!

THRIVE IN-PERSON OFFERINGS



WEDNESDAYS ONLY

11:00a to 11:50a

Reading With Open Minds

Explore engaging stories, essays, and articles in a discussion-based setting. Participants complete assigned reading and journaling at home before class and come prepared to share their thoughts with the group. Through thoughtful prompts, reading aloud, and conversation, participants strengthen critical thinking, empathy, and communication skills while connecting with others through the shared experience of reading.

12:00p to 12:50p

Mindfulness for Resilience

The key to resilience may not be the practices we were taught early in life about ‘powering through’ when life gets hairy. Research shows that creating different ways to recharge daily has a far more powerful and long-lasting impact on our wellbeing. The key to resilience may be trying hard, then stopping, recovering, then trying again. Mindful practices offer a variety of tools to support this recovery, whatever is happening in life. This class will introduce different practices so you can find the one that works well for you.

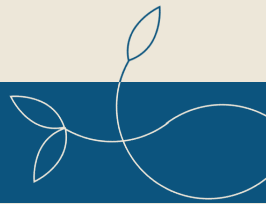
FRIDAYS ONLY

11:00a to 11:50p

Cat’s Got Your Tongue? Word Finding Strategies (10 Weeks: 9/11-11/13)

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.

THRIVE IN-PERSON OFFERINGS



12:00p to 12:50p

Introduction to 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.

2:00p to 2:50p

Brain Fitness

Keep your mind active and engaged in this interactive class focused on six key cognitive skills: reaction time, visual processing, attention, memory, language, and problem solving. Through fun brain exercises, games, and practical strategies, participants will learn ways to support brain health and maintain cognitive function. Ideal for anyone who wants to keep their brain sharp or is experiencing early memory changes. This class is a great next step for those who have completed the Introduction to Brain Fitness class, but prior participation is not required.

TUESDAY/THURSDAY

7:30a to 8:00a

High Intensity Interval Neuromuscular Training (HIINT)

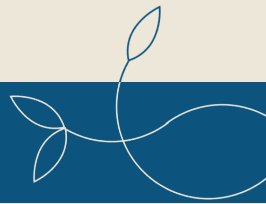
Designed for those who are mobile and free of major orthopedic concerns, HIINT follows a traditional HIIT format of alternating intense exercise with brief rest. What sets it apart is the integration of movements that challenge muscular, cardiovascular, and nervous systems while engaging the mind—creating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

10:00a to 10:30a

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.

THRIVE IN-PERSON OFFERINGS



10:00a to 10:50a

Cognitive Stimulation Therapy (CST) – Early Stage 🌿

Evidence-based CST for people with MCI or 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.

2:00p to 4:00p

Ceramics: Introduction to Wheel (6 Weeks: 9/8 - 10/13) 🌿

Learn the fundamentals of wheel throwing in this 6-week small-group ceramics class. Participants will explore essential techniques such as centering clay, raising walls, and creating functional pieces like mugs, bowls, and plates. Instructors provide step-by-step demonstrations and guidance through glazing and finishing your work. This hands-on class combines creativity with skill-building, offering an engaging introduction to the tactile art of ceramics. No prior experience is necessary. Clay and firing fees are included.

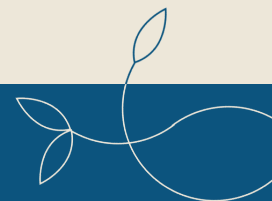
THURSDAYS ONLY

1:00p to 1:50p

Harmony Together: Music for Couples 🌿

Explore the joy of music together in this group for couples. Each session features a variety of experiences, including songwriting, music-inspired artmaking, music listening, singing, and improvisation. Led by a board-certified music therapist, and occasionally joined by an art facilitator, the group provides opportunities to connect, express creativity, and share meaningful experiences in a welcoming and relaxed environment. No musical experience required.

ALL VIRTUAL OFFERINGS



*See days of the week next to each class

9am

Virtual Fitness for
Everyday (M/W/F)

Virtual Neuromuscular
Fitness for Brain Health
(T/TH)

9:30am

Virtual Finding Your Voice: Storytelling
and Self-Discovery with Dementia
(M) 10 Weeks 90 min

10am

Virtual Cognitive
Stimulation Therapy
(T/TH)

11am

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

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

12pm

1pm

Virtual Cognitive
Stimulation Therapy-
Early Stage (T/TH)

*Details on pages ahead



MONDAY/WEDNESDAY/FRIDAY

9:00a to 9:50a

Virtual Fitness for Everyday

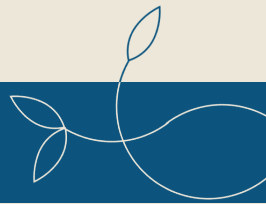
Virtual fitness program teaching ways to incorporate movement patterns and exercise into everyday life routines - through sit-to-stand, reaching, getting in/out of a car, building strength, mobility, and independence. Foster connection in a supportive group.

10:00a to 10:50a

Virtual Cognitive Stimulation Therapy (CST)

Evidence-based CST for people with 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.

THRIVE VIRTUAL OFFERINGS



MONDAYS ONLY

9:30a to 11:00a

Finding Your Voice:

Storytelling and Self-Discovery with Dementia (10 Weeks : 9/14 - 11/16)

“Everyone has a story to tell, a lesson to teach, and wisdom to share.”

This course invites people living with dementia to explore and tell their stories through a dementia-positive lens. Storytelling can help reduce stigma, create meaning, strengthen agency, and support a positive sense of identity beyond a diagnosis. Whether you choose to write for yourself or share your story with others, this course will provide the tools, guidance, and encouragement to help you discover, shape, and share your unique voice.

No writing experience is needed—just a desire to share your stories, experiences, and wisdom.

TUESDAY/THURSDAY

9:00a to 9:50a

Virtual Neuromuscular Fitness for Brain Health

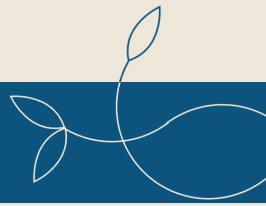
This class is a combination of functional strength training exercises that will transfer to everyday life movement patterns of pushing, pulling, and squatting with the added cognitive challenge of motor-motor dual task exercise and motor-cognitive dual task exercise. Participants will use their own body weight for resistance for many movements but are encouraged to use light dumbbells if available. This class is challenging for both your body and brain. Participants should feel comfortable and confident standing throughout this class.

11:00a to 11:50a

Virtual Cognitive Stimulation Therapy (CST) - Early Stage w. Grace

Evidence-based CST for people with MCI or 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 VIRTUAL OFFERINGS



11:00a to 11:50a

Virtual Cognitive Stimulation Therapy (CST) - Early Stage w. Patty

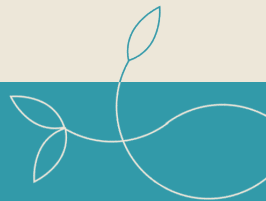
Evidence-based CST for people with MCI or early-stage dementia using an interest-driven curriculum to improve cognitive function, language, and quality of life while fostering social connections; led by LiveWell's trained dementia specialists.

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Virtual Cognitive Stimulation Therapy (CST) – Early Stage

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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 such as 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



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