

## Community support groups at St. Leonard

**Alzheimer's** - Meets every Wednesday each month at 1 p.m. in the Performing Art Center., [alz.org/dayton](http://alz.org/dayton)

**Parkinson's** - Starting in February, Last Wednesday of the month at 2:30 p.m., [dawn.arrowood@commonspirit.org](mailto:dawn.arrowood@commonspirit.org)

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## Fitness and pool classes at The Franciscan Center

Silver Sneakers Classic®

Chair Yoga

Aqua Zumba®

Tai Chi

Therapy Pool Class

TRX® Age Strong

Zumba Gold®

Aquabilities

Core and Stretching

Strength Training

Parkinson's Fit Club

Pound®

*We offer a variety of classes that focus on strength and mobility, improving flexibility and balance, helping to prevent falls, and enhancing overall wellness of body, mind and spirit.*

**For days and times:**

[CHILivingCommunities.org/franciscancenter](http://CHILivingCommunities.org/franciscancenter)

## Body, Mind and Spirit Series

### Mission Statement:

Our mission is to offer residents and community members programming and events that are focused on Vital Living and will help them achieve their highest level of wellness.

# Body, mind and spirit events at St. Leonard.

For January, February and March.



## St. Leonard

8100 Clyo Road | Centerville, Ohio  
Independent Living | Assisted Living  
Memory Care | Skilled Nursing  
Rehabilitation

[CHILivingCommunities.org](http://CHILivingCommunities.org)



Dates and times are subject to change. Please note that most events require an RSVP. For event information, please contact Alice Daniels at 937.432.6549 or [alice.daniels900@commonspirit.org](mailto:alice.daniels900@commonspirit.org).

Events take place at The Franciscan Center unless otherwise noted.

Events followed by an asterisk will have a fee associated with them.



To sign up to receive event emails, please send an email to [alice.daniels900@commonspirit.org](mailto:alice.daniels900@commonspirit.org).

## January

- 9 Beer and Bites with Loose Ends Brewing Co.\*, 4 p.m.
- 15 Get Fit and Live Well, 2 p.m.
- 23 Community Conversation Series: Dr. Laura Luehrman, Wright State University, US-China Relations, 6 p.m.
- 28 Centerville-Washington History Presents: Normandy Farms, 2 p.m.
- 30 Winter Music Series: Comstock Lode, 4 p.m.

## February

- 13 Valentine's Day Party featuring Bobby D Music, 6 - 8 p.m.
- 18 How to Spot a Scam with Officer Skinner, 1:30 p.m.
- 24 Miami Valley Dance Company Presents: Beauty and the Beast, 6 p.m.
- 25 Centerville-Washington History Presents: Journey Back in Time, 2 p.m.

## March

- 4 Chapel Art and History Tour, 1:30 p.m.
- 6 Women's Day Celebration, 1 - 3 p.m.
- 18 Celtic Harp Concert, 7 p.m.
- 20 Community Conversations: Dr. John Duerr, Cedarville University, US-Russia Relations, 6 p.m.
- 27 Murder Mystery Dinner\*, 5 p.m.
- 31 History Impersonator Performs as Katherine Wright in "Those Flyboys from Dayton", 2 p.m.

### Independent Living Cottage Open Houses

Friday, January 10  
1:30 to 4 p.m.

Monday, January 20\*  
9:30 a.m. to 12 p.m.

Thursday, February 6  
1:30 to 4 p.m.

Monday, February 17\*\*  
9:30 a.m. to 12 p.m.

Wednesday, March 5  
1:30 to 4 p.m.

Tuesday, March 18  
9:30 a.m. to 12 p.m.

\* *MLK Day*

\*\* *Presidents' Day*