

## Community support groups at St. Leonard

**Alzheimer's** - 1st & 3rd Wednesday of the month at 1 p.m., [alz.org/dayton](http://alz.org/dayton)

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

## 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

Cycling

*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)

## Centerville Concert Series:

July 7 - Creedence Revived: CCR Tribute

July 12 - Jumping Jack Flash: Rolling Stones Tribute

August 9 - The Garth Brooks Ultimate Tribute Featuring Shawn Gerhard

## 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 July, August and September.



## St. Leonard

8100 Clio 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).

### Independent Living Cottage Open Houses

Friday, July 5, 9:30 a.m. - noon  
Wednesday, July 17, 1:30 - 4 p.m.  
Tuesday, August 6, 9:30 a.m. - Noon  
Thursday, August 22, 1:30 - 4 p.m.  
Friday, September 6, 9:30 a.m. - Noon  
Monday, September 23, 1:30 to 4 p.m.

## July

- 3 Alzheimer's Support Group, 1 p.m.
- 11 Public and Political Issues Workshop: Medicare – How Did We Get Here and What Might Happen Next?, 6 p.m.
- 17 Alzheimer's Support Group, 1 p.m.
- 17 Dr. Cathy Rosenbaum: A-Z's of Sleep Health, 2 p.m.
- 23 Goodbye Neuropathy with Dr. Prewitt, 1:30 p.m.
- 25 Summer Music Series: Lacey Jane Band, 4 p.m.
- 29 Jim Charters: The Wright Brothers and the Airplane, 2 p.m.
- 31 Parkinson's Support Group, 2:30 p.m.

## August

- 7 Alzheimer's Support Group, 1 p.m.
- 10 Boomerfest, Noon-10 p.m.
- 16 Centerville Florist: Flower Arrangements with Wine Happy Hour\*, 1:30 p.m.
- 20 Summer Harp Concert, 7 p.m.
- 21 Alzheimer's Support Group, 1 p.m.
- 21 Music and Ice Cream Social Senior Citizen Day Celebration, 3 p.m.
- 26 The Life and Times of Charles F. Kettering presented by Jim Charters, Historian, 2 p.m.
- 28 Parkinson's Support Group, 2:30 p.m.
- 29 Summer Music Series: King's English, 4 p.m.

## September

- 4 Alzheimer's Support Group, 1 p.m.
- 7 Cruise In Car Show, 10 a.m. - 2 p.m.
- 11 Patriot Day Celebration, 4 p.m.
- 18 Alzheimer's Support Group, 1 p.m.
- 18 Mark Caleb Smith: Changing Political Landscape in America, 3 p.m.
- 24 Ray Snedegar: Veteran's Operational Babylift, 1:30 p.m.
- 25 Parkinson's Support Group, 2:30 p.m.
- 25 Independent Balance with Kettering Health, 2 p.m.
- 26 Summer Music Series: Edde Osborne, 4 p.m.



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### Saturday, August 10, Noon-10 p.m.

Free music festival celebrating the "Rock and Soul" of the Baby Boomer era. Enjoy an all-day, outdoor, on-the-grass community festival featuring free music, food trucks, a selection of local craft beers, vendor village, and a free kids' area. Rain or shine!