

## Community support groups at St. Leonard

**Alzheimer's** - 1st & 3rd Wednesday of the month at 1 p.m. (starting in November meet in the Performing Arts Center) alz.org/dayton

**Parkinson's** - Last Wednesday of the month at 2:30 p.m., 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)

## 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 October, November and December.



## St. Leonard

8100 Clys 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

Tuesday, October 8, 9:30 a.m. to noon

Thursday, October 24, 1:30 to 4 p.m.

Monday, November 4, 9:30 a.m. to noon

Friday, November 22, 1:30 to 4 p.m.

Wednesday, December 4, 9:30 a.m. to noon

Tuesday, December 17, 1:30 to 4 p.m.

## October

- 3 Oktoberfest\*, 4:30 p.m.
- 7 Pet Blessing, 6 p.m.
- 9 Sharon Zimmerman, Hospice of Dayton: Palliative Care, 2 p.m.
- 10 Public and Political Issues Workshop: The State of the Nation with Dr. Christopher M. Duncan, 6 p.m.
- 14 Kim Janky, RetireMed: Changes in Medicare, 2 p.m.
- 17 Ohio Issue 1, Establish the Citizens Redistricting Commission Initiative: What would the initiative change about redistricting in Ohio, presented by Dennis Turner, 6 p.m.
- 22 Estate and Asset Protection Planning, Rachael Houck, Attorney and Certified Elder Law Attorney, 1:30 p.m.
- 25 Sock Hop with The King's English\*, 6 p.m.
- 28 Kettering Health Navigator: Your Own Healthcare Journey - How to be Your Own Self-Advocate, 1:30 p.m.
- 30 Parkinson's Support Group, 2:30 p.m.
- 31 Hallo-Wine Tasting and Costume Event\*, 3:30 - 5 p.m.

## November

- 8&9 Kreative Korner Holiday Bazaar, Friday: 9 a.m. - 4 p.m. & Saturday: 9 a.m. - 2 p.m.
- 13 Health and Fitness Fair, 2 - 4 p.m.
- 18 Memory Health, Even Elephants Forget Sometimes, Dr. Cathy Rosenbaum, 2 p.m.
- 19 The Miami Valley Dance Company Presents: Nutcracker, 6 p.m.
- 21 Wine Tasting for the Holidays\*, 4 p.m.
- 27 Parkinson's Support Group, 2:30 p.m.
- 27 Fall Music Series: Christina Martino and Guest, 2 p.m.

## December

- 5 The Alter High School Lancerettes Dance Team Presents: Christmas Kicks and Carols, 6 p.m.
- 8 Merry Little Christmas: Reindeer Event, 1 - 3 p.m.
- 10 Christmas Harp Concert, 7 p.m.
- 12 Walk to Remember, 4 p.m.

**FALL FEST**  
VENDOR VILLAGE AND OKTOBERFEST BEER GARDEN  
OPEN 12:00 - 9:00 P.M.  
KIDS ZONE  
OPEN 12:00 - 5:00 P.M.  
SATURDAY, OCTOBER 5  
ST. LEONARD | 8100 CLYO RD.

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