

Community support groups at St. Leonard

Alzheimer's - 1st & 3rd Wednesday of the month at 1 p.m., 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

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

Acoustic jam session and open mic at St. Leonard

A great opportunity for musicians to get together to perform and listen to a vast array of talent take the stage. Everyone is welcome.

Tuesdays, 4 -6 p.m.

Questions? Call Dawn Arrowood at 937.439.7145.

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

CHILivingCommunities.org



Revised 09/23



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@commonspirirt.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@commonspirirt.org.

October

- 4 Pet Blessing, St. Elizabeth Garden, 6 p.m.
- 5 Oktoberfest Featuring the University of Dayton New Horizons Band*, 5 p.m.
- 12 Public and Political Issues Workshop: Climate Change and Energy Policy, 6 p.m.
- 18 Meet the Author Series: Steve Grismer; The Dean, Dillinger, and Dayton, Ohio, 1:30 p.m.
- 19 Medicare 101, 1:30 p.m.
- 27 Sock Hop featuring The King's English*, Performing Arts Center, 6 p.m.

November

- 2 Senior Scams, 2 p.m.
- 10-11 Kreative Korner Bazaar, Friday, 9 a.m. - 4 p.m. & Saturday, 9 a.m. - 2 p.m.
- 15 Fall Prevention: Charles Biggerman, Premier Health, 2 p.m.
- 16 Nutcracker: Miami Valley Dance Academy, Performing Arts Center, 6:30 p.m.
- 22 Christina Martino Concert, 4 p.m.
- 29 Meet the Author Series: Dennis Turner, What Did You Do in the War, Sister?, 2 p.m.
- 30 Wine and Food for the Holidays with Chef Greg*, 4 p.m.

December

- 5 Harpin' Holidays with the Dayton Harp Ensemble, St. Leonard Chapel, 7 p.m.
- 6 The Alter High School Lancerettes Performance, Performing Arts Center, 6 p.m.
- 10 Merry Little Christmas Family Event with Live Reindeer, 1 p.m.
- 12 Walk to Remember, 4:30 p.m.



Merry Little Christmas Family Event with Live Reindeer.

Sunday, December 10, 1- 3 p.m.

Independent Living Cottage Open Houses

Monday, October 9, 1:30 - 4 p.m.
Friday, October 27, 9:30 a.m. - 12 p.m.
Wednesday, November 8, 1:30 - 4:00 p.m.
Tuesday, November 21, 9:30 a.m. - 12 p.m.
Thursday, December 14, 1:30 - 4 p.m.