

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

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

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.

St. Leonard

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

CHILivingCommunities.org



Revised 03/24

Body, mind and spirit events at St. Leonard.

For April, May and June.



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.

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.

Independent Living Cottage Open Houses

Tuesday, April 9, 9:30 a.m. to noon
Monday, April 22, 1:30 - 4 p.m.
Friday, May 10, 9:30 a.m. to noon
Thursday, May 23, 1:30 - 4 p.m.
Tuesday, June 4, 9:30 a.m. to noon
Friday, June 21, 1:30 - 4 p.m.

April

- 3 Alzheimer's Support Group, 1 p.m.
- 5 Fall Prevention: Kurt Jackson, University of Dayton Physical Therapy Department, 1:30 p.m.
- 11 Public and Political Issues Workshop: Perspectives on Public Policy: Where Economists Align and Diverge. Moderated by Trevor Collier, PhD., Dean for the School of Business Administration at the University of Dayton, 6 p.m.
- 16 Healthy Choices Series: Healthy Remedies by Patti McCormick, 1:30 p.m.
- 17 Alzheimer's Support Group, 1 p.m.
- 17 Kettering Health Navigators: 10 Mistakes Patients Often Make, 2 p.m.
- 20 Blood Drive: Give Blood. Give Life., 9 a.m. - 1 p.m.
- 24 Parkinson's Support Group, 2:30 p.m.
- 25 Spring Music Series: The Marthas, 4 p.m.

May

- 1 Alzheimer's Support Group, 1 p.m.
- 2 The Emergency Room Experience: What to Expect, 2 p.m.
- 8 Author Series: Murder & Mayhem by Sara Kaushal, 2 p.m.
- 13 Healthy Choices Series: Healthy Attitudes by Patti McCormick, 1:30 p.m.
- 15 Alzheimer's Support Group, 1 p.m.
- 15 Centerville-Washington Public Library; Speaker's Bureau: First Mothers of the White House, 2 p.m.
- 29 Parkinson's Support Group, 2:30 p.m.
- 30 Spring Music Series: Edde Osborne, 4 p.m.

June

- 5 Alzheimer's Support Group, 1 p.m.
- 7 Concert Under the Tent: University of Dayton New Horizons Jazz Band, 6 p.m.
- 8 18th Annual St. Leonard 5k in Honor of Veterans, 8 a.m.
- 13 Annual St. Leonard Garage Sale, 9 a.m. - 4 p.m.
- 14 Annual St. Leonard Garage Sale, 9 a.m. - 12 p.m.
- 18 Healthy Choices Series: 10 Healthiest Foods to help with Longevity by Patti McCormick, 1:30 p.m.
- 19 Alzheimer's Support Group, 1 p.m.
- 20 History Impersonator to Perform Edith Gait Wilson "To End All Wars", 2 p.m.
- 26 Parkinson's Support Group, 2:30 p.m.
- 27 Summer Music Series: Chris Heider, 4 p.m.



Presented by



In partnership with



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

An all-day, outdoor, on-the-grass community festival featuring free music and entertainment inspired by the Baby Boomer era. Enjoy food trucks, a selection of craft beers, free kids' area and a classic car cruise-in. Rain or shine!