

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

Parkinson's - Starting in February, 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

Line Dancing

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

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

CHILivingCommunities.org



Revised 12/24

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

Wednesday, April 9, 1:30 - 4 p.m.

Thursday, April 24, 9:30 a.m. - 12 p.m.

Tuesday, May 6, 1:30 - 4 p.m.

Friday, May 23, 9:30 a.m. - 12 p.m.

Monday, June 2, 1:30 - 4 p.m.

Thursday, June 19, 9:30 a.m. - 12 p.m.

April

- 3 Harvey Hahn, MD; Stress Awareness & Management, 6 p.m.
- 9 Downsizing with Rosko Group, 1:30 p.m.
- 15 Patti McCormick, Institute of Holistic Leadership, Wellness Series: Creating Your Aromatherapy Medicine Chest, 2 p.m.
- 22 Murphy's Auto Care Spring Courtesy Car Care Event, 1 - 3 p.m.
- 24 Spring Music Series: The Martha's, 4 p.m.
- 26 Blood Donors are a "Big Dill" Blood Drive, 9 a.m. - 1 p.m.

May

- 1 Dr. Jonathan Silverman, MD; Pain Management, 2 p.m.
- 7 Kettering Health Care Navigators: 10 Myths About Your Body and Health, 1:30 p.m.
- 8 Community Conversation Series: Prentice Lipsey, Commonspirit Senior Living President and CEO, The Future of Healthcare, 6 p.m.
- 14 The Flowerman: Flower Arrangement and Wine Happy Hour*, 2 p.m.
- 17 Dayton Humane Society Furry Skurry 5K, Hosted by St. Leonard, 8 a.m. - noon
- 18 Centerville Merchant Market, Hosted by St. Leonard, noon - 5 p.m.

- 20 Patti McCormick, Institute of Holistic Leadership, Wellness Series: Holistic Care for Arthritis, 2 p.m.

- 29 Spring Music Series: Edde Osborne, 4 p.m.

June

- 5&6 St. Leonard Campus Garage Sale, Thursday: 9 a.m. - 4 p.m. and Friday: 9 a.m. - 12 p.m.
- 13 Concert Under the Tent Featuring: The King's English, 5 p.m.
- 14 5k and Fitness walk in Honor of Veterans*, 8:30 a.m.
- 24 Patti McCormick, Institute of Holistic Leadership, Wellness Series: Holistic Care for Summer Health, 2 p.m.
- 26 Summer Music Series: The Milos, 4 p.m.



Saturday, August 16, 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!