

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

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

CHI Living Communities
is a member of CommonSpirit

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



Hello humankindness®

Revised 0625

Body, mind and spirit events at St. Leonard.

For July, August, and September.



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

Visit our two bedroom model cottage at 8201 St. Francis Court, Centerville during one of our open houses and enter to win a \$100 gift card to Station House Restaurant.

Thursday, July 3, 9:30 a.m. - 12 p.m.

Friday, July 18, 1:30 - 4 p.m.

Monday, August 4, 1:30 - 4 p.m.

Tuesday, August 19, 9:30 a.m. - 12 p.m.

Wednesday, September 3, 1:30 - 4 p.m.

Thursday, September 18, 9:30 a.m. - 12 p.m.

July

- 15** Navigating the Complexities of Estate Planning, Investing and Understanding our Economic Landscape, 1:30 p.m.
- 17** Community Conversion Series: Jeannette Horwitz, Dayton Coordinator, Immigrants in the Miami Valley, 6 p.m.
- 23** World Tour Wine Tasting: Featuring Wines from France,* 4 p.m.
- 29** Emily Ankrom PA-C, Digestive Specialists and Endoscopy Center, IBS (Irritable Bowel Syndrome), 2 p.m.
- 31** Summer Music Series: Lacy Jane Band, 4 p.m.

August

- 5** Goodbye Neuropathy Educational Seminar and luncheon with Dr. Prewitt, 1:30 p.m.
- 16** BoomerFest, noon- 10 p.m.
- 20** World Tour Wine Tasting: Featuring Wines from Italy,* 4 p.m.
- 21** Life Enrichment Director Lori Horstman: Habits of a Healthy Brain: What the Nuns Taught Us About Aging, Resilience and Renewal, 2:30 p.m.
- 26** Kettering Health; Jane Key RD, Presents: Sweet Side of Life, 2 p.m.
- 28** Summer Music Series: King's English, 4 p.m.

September

- 2** Dinner with Mark Twain Impersonator,* 4:30 p.m.
- 4** Ju Ju Plant Co Lindsey Swinger; Painting and Planting Happy Hour,* 2 p.m.
- 6** St. Leonard Cruise-In, 10 a.m. - 2 p.m.
- 11** Patriot Day Celebration, 4 p.m.
- 18** Community Conversation Series: Fr. Jim Heft, S.M., Catholicism: Ecumenism, 6 p.m.
- 20** Ride to End Alzheimer's, 9 a.m.
- 23** World Tour Wine Tasting: Featuring Wines from Spain,* 4 p.m.
- 25** Summer Music Series: Edde Osbourne, 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!