

Join us as we open our campus to opportunities to better yourself - your body, mind and spirit. All are welcome!

### Regularly Scheduled Monthly Programs

#### HEALTH STRIDES

January - December

Getting healthy one step at a time while walking with a doctor. Call 937.371.2416 for dates.

#### MEN'S PRAYER AND FELLOWSHIP GROUP

First Tuesday of the month at 10am in Sr. O's Room, Chaminade Hall

#### COMMUNITY SUPPORT GROUPS

##### Alzheimer's

1st & 3rd Wednesday of the month at 1:00pm, [www.alz.org/dayton](http://www.alz.org/dayton)

##### Parkinson's

Last Wednesday of the month at 2:30pm, [DArrowwood@chilivingcomm.org](mailto:DArrowwood@chilivingcomm.org)

##### Grief

Second Thursday of the month at 10am, [EFleming@chilivingcomm.org](mailto:EFleming@chilivingcomm.org)

## Performing Arts Center

St. Leonard FAITH Community

Check out our calendar of events at [homeishere.org/performing-arts](http://homeishere.org/performing-arts)

## The Franciscan Center

rejuvenating  
invigorating  
essential

#### We offer the following fitness classes:

Yoga for Bone Health  
Arthritis Foundation Aquatic Program  
Movement to Music Aquatic Class  
Chair Yoga  
Strength Training  
Aqua Gym and Water Aerobics  
Tai Chi

#### For days and times:

[homeishere.org/franciscancenter](http://homeishere.org/franciscancenter)

#### St. Leonard's Body, Mind and Spirit Series

##### Mission Statement:

The mission of the *Body, Mind and Spirit Series* 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.



Independent Living  
Assisted Living  
Memory Care  
Rehabilitation  
Skilled Nursing  
Adult Day Services



Home is here.<sup>SM</sup>

8100 Cloyo Road  
Centerville, Ohio 45458

[homeishere.org](http://homeishere.org)

## A St. Leonard Series

OPEN TO THE PUBLIC

**BODY**  
**MIND**  
**SPIRIT**

## 2019 St. Leonard Events Calendar



Home is here.<sup>SM</sup>

*Dates and times are subject to change. Please note that most events require an RSVP. For specific event information, please visit [homeishere.org/bodymindspirit](http://homeishere.org/bodymindspirit) or call Kelly Lance at 937.432.6549 or Dawn Arrowood at 937.439.7145 for more information.*

*All events will take place at the Franciscan Center on the St. Leonard campus, 8200 Provincial Way (unless otherwise noted).*

## January

- 9 Atiba Jackson, MD, Knee Pain and Treatment Options, 6pm
- 21 Dr. Martin Luther King Jr. Day: Guest Speaker David Anthony Johnson, Faith Community Performing Arts Center, 2pm
- 22 St. Leonard Men's Prayer & Fellowship Group Retreat, Sr. O's Room, Chaminade Hall, 10am
- 28 Dorothy Lane Market Wine & Cheese Tasting, 4pm

## February

- 6 Harvey Hahn, MD, Heart Health Month, 6pm
- 15 Jaideep Chunduri, MD, Beacon Orthopedics, Lower Back Pain and the Spine, 12pm
- 16 Valentine's Dance, featuring DJ Bill Nance, Faith and Friends Radio, St. Leonard Faith Community Performing Arts Center, 6pm
- 19 Jim Charters, Dayton Inventors, 6pm
- 27 Murder Mystery Dinner: The Million Dollar Mystery, 6-8pm

## March

- 6 Ted Gudorf, Attorney at Law, VA Benefits Seminar, 6pm
- 7 Miami Valley Dance Company performs Jungle Book, Faith Community Performing Arts Center, 7pm
- 9 Dayton Area Harp Ensemble Celtic, St. Leonard Chapel, 7pm
- 13 AAA Senior Driving Safety Presentation: What To Do When Your Car Breaks Down?, 2pm
- 14 Sr. Nancy Linenkugel, Stir, Stir Performance, Faith Community Performing Arts Center, 6pm
- 14 Alok Agrawal, MD, Chronic Kidney Disease, 6pm
- 19 Gordon J. Katz, DO, Hearing Loss, 6pm
- 21 Cassie B. Barlow, PHD, Author of Saluting Our Grandmas: Women of WW II, St. Leonard Meet the Author Series, 6pm
- 22 Tom Daugherty Orchestra, Faith Community Performing Arts Center, 6:30pm

## April

- 3 Dan Nagel, Historian: "Following The Civil War Trail," St. Leonard Faith Community Performing Arts Center, 6pm
- 4 St. Leonard Chapel Art and History Tour, 2-3pm

- 12 Balance Workshop, University of Dayton Physical Therapy Department, 2pm
- 15 Titanic Theme Dinner, 6pm
- 17 Learn to Protect Yourself from Financial Fraud, State of Ohio Office of Consumer Affairs, 1:30pm
- 24 Andra Watkins, Author of Not Without My Father, St. Leonard Meet the Author Series, 6pm
- 28 Independent Living Open House, 1-4pm
- 30 AAA Senior Driving Safety Presentation: Medications and You!, 2pm
- TBD Nathan Morris, MD, Functional Medicine

## May

- 7 Patti McCormick Enhancing Vitality Series: Mindful Living, 2pm
- 8 Kristi Smith, Author of DREAM...A Guide to Grieving Gracefully, St. Leonard Meet the Author Series, 6pm
- 16 The Changing Political Landscape in America, Mark Calib Smith, PHD, Cedarville University, 2-3:30pm
- 22 Douglas Pugar, DO, Stroke Awareness, 6:30pm
- 23 Jim Charters, Dayton History, Charles F. Kettering Presentation, 6pm
- 24 AAA Senior Driving Safety Presentation: Keeping the Keys, 2pm
- 30 Summer at St. Leonard Music Series, 4-5:30pm

## June

- 6 AAA CarFit, The Franciscan Center parking lot, 10am-2pm
- 7 Concert on the Lawn, Generations Big Band, 6:30pm
- 8 St. Leonard Ray of Sunshine 5K, 8am
- 11 Patti McCormick Enhancing Vitality Series: Energetic Living, 2pm
- 13, 14 St. Leonard Campus Garage Sale, 9am- 4pm
- 21 The Longest Day Event for the Alzheimer's Association, local food trucks, San Damiano parking lot
- 22 Miami Valley Car Club Cruise-In, The Franciscan Center Parking lot, 10am-2pm
- 27 Summer at St. Leonard Music Series, 4-5:30pm
- TBD Mary Feldman, Neurologist, Parkinson's Disease: Diagnosis and Early Warning Signs and Symptoms

## July

- 9 Dayton Area Harp Ensemble, St. Leonard Chapel, 7pm
- 9 Adam Dann, DO, Shoulder Arthritis, 6pm
- 15 Sensational Summer Salads with Chef Michael, 3-4:30pm
- 16 Patti McCormick Enhancing Vitality Series: Peace Within, 2pm
- 23 Celebrating Christmas in July with Jesus and Francis, St. Leonard Faith Community Performing Arts Center, 2pm
- 25 Summer at St. Leonard Music Series, 4-5:30pm

## August

- 1 Dan Nagel, Historian: 4 part Series: "The Courts, The Law AND You", St. Leonard Faith Community Performing Arts Center, 6pm (Weekly through Aug 22)
- 9 Farm to Table Cooking Demonstration with Chef Michael, 3-4:30pm
- 10 BoomerFest, Noon-10pm
- 22 Nathan Melton, DO, Shoulder Pain Seminar, 6pm
- 29 Summer at St. Leonard Music Series, 4-5:30pm
- 29 Jim Charters, Dayton Code Breakers and Navy Waves, 6pm

## September

- 6 Farm to Table Cooking Demonstration with Chef Michael, 3pm
- 11 Patriot Day Celebration featuring Xenia Hospitality Chorus, 4pm
- 18 Ted Gudorf, Attorney at Law, Estate Planning: Trusts, 6pm
- 26 Summer at St. Leonard Music Series, 4-5:30pm

## October

- 1 St. Leonard Health and Wellness Fair, 2-5pm
- 4 St. Francis Day, St. Leonard Pet Blessing, St. Elizabeth's Garden, 6pm
- 5 Alzheimer's Walk, at Dayton Dragon's Fifth Third Field, 8:30 am
- 11 OktoberFest Dinner and Entertainment, 5pm, St. Leonard Faith Community Performing Arts Center
- 15 How to Protect your Bank Accounts, Ann Blackburn LCNB, 2pm
- 17 Medicare 101, Ohio Senior Health Insurance Information Program (OSHIIP) 1pm

## November

- 8, 9 Kreative Korner Holiday Bazaar
- 13 Kenneth Pugar, Alzheimer's Awareness, 6pm
- 14 St. Leonard Chapel Art & History Tour, 2-3pm
- 23 Miami Valley Dance Company, The Nutcracker, Faith Community Performing Arts Center, 10am

## December

- 3 Dayton Area Harp Ensemble, Harpin' Holidays Concert, St. Leonard Chapel, 7pm
- 6 Christmas Box Angel Vigil, St. Leonard Chapel, 6pm