




# March 2017

To Live is to Receive a  
Glimpse of Heaven  
--Karen Sunde

Monday	Tuesday	Wednesday	Thursday	Friday
		 WWW.CAREGIVERSOS.ORG		3 <a href="#">WELLMED SCREENINGS</a> CISNEROS SR. CTR . 730 AM -12 PM
6 <a href="#">CAREGIVER PASSPORT TO WELLNESS 9:30 AM</a> SOS Center at Cisneros	7	8 <a href="#">TELECONNECTION</a> "AT THE END OF MY ROPE" E. Greb LCSW 11AM (SOS Center/ Phone)	9 <a href="#">NEW MEMBER &amp; CAREGIVER ORIENTATION</a> SOS CENTER 10 AM <a href="#">ALZHEIMER'S SUPPORT GRP</a> <a href="#">MEMORY CARE AT WESTOVER HILLS</a> 10910 Town Center Drive 1:30 -3:00 PM	10 <a href="#">WELLMED SCREENINGS</a> CISNEROS SR. CTR . 730 AM -12 PM <a href="#">New! MATTER OF BALANCE</a> SOS CISNEROS 9:30 -11:30 #1 (Register at Senior Ctr.)
13 <a href="#">TELECONNECTION</a> "CAREGIVER LOSS & GRIEF" - Z. Hilger LPC 12 PM (SOS Center/ Phone) <a href="#">CAREGIVER PASSPORT TO WELLNESS 9:30 AM</a> SOS Center at Cisneros	14 <a href="#">SOS PRESENTATION CAREGIVING BASICS</a> SOS Center at Cisneros 10 AM	15 <a href="#">CAREGIVER SUPPORT</a> SOS CENTER at CISNEROS 1030 AM (BILINGUAL)	16 <a href="#">LIFE INSPIRATIONS GROUP</a> SOS CENTER AT 10 :30 AM	17 <a href="#">WELLMED SCREENINGS</a> CISNEROS SR. CTR . 730 AM -12 PM <a href="#">ST. PATRICKS DAY PARTY</a> 10 AM -Cisneros Center
20 <a href="#">CAREGIVER PASSPORT TO WELLNESS 9:30 AM</a> SOS Center at Cisneros	21 <a href="#">HEALTHY EATING DEMO</a> BY GRACE HOSPICE SOS CISNEROS 10 AM <a href="#">SOS PRESENTATION: CAREGIVER STRESS</a> SOS Center at Cisneros 10 AM	22 <a href="#">TELECONNECTION</a> "THE SEA IS WIDE " R. Purdy- Author,/Speaker (SOS Center/ Phone) 11 AM <a href="#">New! STRESSBUSTING -GEN.</a> 1:30--3:00 PM --SOS Center #1	23 <a href="#">NEW MEMBER &amp; CAREGIVER ORIENTATION</a> SOS CENTER 10 AM <a href="#">AMERICAN HEART ASSTN.</a> <a href="#">CPR DEMO CLASS 10 AM</a> Cisneros Sr. Ctr.	24 <a href="#">WELLMED SCREENINGS</a> CISNEROS SR. CTR . 730 AM -12 PM <a href="#">MATTER OF BALANCE</a> SOS CISNEROS 9:30 -11:30 #3
27 <a href="#">CAREGIVER PASSPORT TO WELLNESS 9:30 AM</a> SOS Center at Cisneros	28	29 <a href="#">STRESSBUSTING GENERAL</a> 1:30 PM - 3:00 PM SOS Center #2 (Must Pre-Register at SOS or Cisneros Senior Center )	30 <a href="#">TELECONNECTION</a> RECOGNIZING DEPRESSION AND TREATMENT-. Dr. J. Huysman, PsyD, LCSW (SOS Center/ Phone) 11 AM	31 <a href="#">WELLMED SCREENING</a> CISNEROS SR. CTR . 730 AM -12 PM <a href="#">MATTER OF BALANCE</a> SOS CISNEROS 9:30 -11:30 #3

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