

Monday	Tuesday	Wednesday	Thursday	Friday
<p>register :- www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-473</p>		<p>1. 11am Bingo for Caregiver Stress Relief 11am Crochet Class 1pm Qi gong for Stress Relief "spiritual healing"</p>	<p>2. 11am Line Dancing for Caregiver Stress Reduction 1:30 "Extra Health Benefits w Eddie" 2pm Computer Lab w Chuck</p>	<p>3. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>6. 10:30 Christian Fellowship</p>	<p>7. 11AM Cup of Care with Javier Martinez (Colon Cancer Talk)</p>	<p>8. 10:45 am Insurance Questions w Eddie 11am Crochet Class 11am Teleconnection: At the end of my Rope 1pm Qi gong for Stress Relief "spiritual healing"</p>	<p>9. 10:45 WellMed Nurse Diabetes Basic 1pm Zumba Class for Stress Relief</p>	<p>10. 10:00am Computer Class w Chuck 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>13. 1pm Qi gong for Stress Relief "spiritual healing" 10:45 Pre-Need Funeral Arrangements w Adalberto Fermaint 12:00pm Teleconnection: Navigating your way Through Caregiver loss</p>	<p>14. 11am Cup of Care with Javier Martinez</p>	<p>15. 11am learn to Crochet 1pm Qi gong for Stress Relief "spiritual healing"</p>	<p>16. 10:45 WellMed Nurse Healthy Eating</p>	<p>17. 1pm Qi gong for Stress Relief "spiritual healing" 12:00pm Oil Painting for Caregiver Stress Relief</p>
<p>20. 10:30 Christian Fellowship</p>	<p>21. 11am Cup of Care with Javier Martinez (Kidney Cancer Presentation)</p>	<p>22. 11am Learn to Crochet 11am Teleconnection: The Sea is Wide: a Memoir of Caregiving 1pm Qi gong for Stress Relief "spiritual healing"</p>	<p>23. 10:45 WellMed Nurse Diabetes Complications 1:45 Chair Volleyball for Caregiver Stress 2pm Computer lab w Chuck</p>	<p>24. 10:00am Computer Class w Chuck 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>27. 1pm Qi gong for Stress Relief "spiritual healing"</p>	<p>28. 11am Cup of Care with Javier Martinez 1:30 Virtual Dementia Tour</p>	<p>29. 11am Learn to Crochet 1pm Qi gong for Stress Relief "spiritual healing"</p>	<p>30. 10:45 WellMed Nurse High Blood Pressure 1:00pm Teleconnection: Recognizing Depression 2:00pm Computer lab w Chuck</p>	<p>31. 10:00am Computer Class w Chuck</p>

March

"The simple act of caring is Heroic"

HARLINGEN SENIOR CENTER AND CAREGIVER SOS

MONDAY- THURSDAY & FRIDAY

8:00AM- 4PM FROM 8AM -3PM

512 Victoria Lane Ste. 11

Harlingen, Texas

Phone: 956 365-4732



Javier Martinez Program Manager/Caregiver Specialist

imartinez@WellMed.net

Join WellMed Educational Sessions on Diabetes Management

Cecilia Gonzalez, R.N., presents every Thursday on various topics on Diabetes in English and Spanish. Pre-Registration is required. Please (956) 365-4732 sign

up!



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