

April 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
		 WWW.CAREGIVERSOS.ORG		
3 CAREGIVER PASSPORT TO WELLNESS 9:30 AM SOS Center at Cisneros	4 New! STRESSBUSTING –ADRD. Memory Care on Westover Hills 10910 Town Center Dr. (Must Pre-Register at SOS or Westover Hills) 1:30--3:00 PM Pt. 1	5 TELECONNECTION “COMPASSION FATIGUE with DR. SHARON LEWIS “ 11AM (SOS Center/ Phone)	6 NEW MEMBER & CAREGIVER ORIENTATION SOS CENTER 10 AM	7 WELLMED SCREENINGS CISNEROS SR. CTR . 730 AM -12 PM New! MATTER OF BALANCE SOS CISNEROS 9:30 –11:30 #3
10 TELECONNECTION “END OF LIFE ” – Z. Hilger, LPC 12 PM (SOS Center/ Phone) CAREGIVER PASSPORT TO WELLNESS 9:30 AM SOS Center at Cisneros	11 SOS RELAXATION SERIES “BREATHING” Pt 1 10:30 AM SOS Center at Cisneros #103 STRESSBUSTING –ADRD. Westover Hills 1:30--3:00 Pt. 2	12 New! STRESSBUSTING -G Caregiver SOS at Cisneros 509 SW Military Dr. #100 (Must Pre-Register at SOS or Cisneros Senior Center) 1:30--3:00 PM Pt. 1	13 SOS SPECIAL EVENT WELLMED BROKER WEBINAR “Caregiver SOS and WCF” 3:00—4:00 PM	14 GOOD FRIDAY WELLMED SCREENINGS CISNEROS SR. CTR . 730 AM -12 PM MATTER OF BALANCE SOS CISNEROS 9:30 –11:30 #4
17 CAREGIVER PASSPORT TO WELLNESS 9:30 AM SOS Center at Cisneros	18 HEALTHY EATING DEMO CLASS --by Grace Hospice SOS Center at Cisneros 10 AM CAREGIVER STRESS MED CENTER 10 AM STRESSBUSTING –ADRD. Westover Hills 1:30--3:00 Pt. 3	19 TELECONNECTION “DEVELOPING AN ATTITUDE OF GRATITUDE” –C. HAZEL (SOS Center/ Phone) 11 AM New! STRESSBUSTING –GEN. SOS Center 1:30-3:00 pm	20 NEW MEMBER ORIENTATION SOS CENTER 10 AM LIFE INSPIRATIONS GROUP SOS CENTER AT 10 :30 ALZHEIMER’S SUPPORT GRP Memory Care at Westover Hills 1:30 –3:00 PM	21 WELLMED SCREENINGS CISNEROS SR. CTR . 730 AM -12 PM
24 CAREGIVER PASSPORT TO WELLNESS 9:30 AM SOS Center at Cisneros	25 SOS RELAXATION SERIES “AROMATHERAPY” Pt 2 10:30 SOS Center at Cisneros #103 STRESSBUSTING –ADRD. Westover Hills 1:30--3:00 Pt. 4	26 TELECONNECTION “LIVING GUILT FREE” – L. Barylak, MSW (SOS Center/ Phone) 11 AM New! STRESSBUSTING –GEN. SOS Center 1:30-3:00 pm	27 CAREGIVER SUPPORT SOS CENTER at CISNEROS 1030 AM (BILINGUAL)	28 Elvira Cisneros Senior Center Closed

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