

Monday	Tuesday	Wednesday	Thursday	Friday
3.	4. 11AM Cup of Care with Javier Martinez	5. 1:00pm "Surviving Cancer Financially"	6. 2:00 pm computer lab w Chuck	7. 12:00pm Oil Painting for Caregiver Stress Relief
10.	11. 11AM Cup of Care with Javier Martinez	12.	13. 10:45 WellMed Nurse Diabetes Basic	14. Harlingen Senior Center will be closed for Good Friday!! 
17.	18. 11am Cup of Care with Javier Martinez (Head and Neck Awareness Talk)	19. 10:30am "Medicare Made Simple"	20. 10:45 WellMed Nurse Healthy Eating 1:00pm Oil Painting Basics Art Exhibit 2:00pm computer Lab w Chuck Kanach	21. 10am Computer Class w Chuck 1pm Qi gong for Stress Relief "spiritual healing" 12:00pm Oil Painting for Caregiver Stress Relief
24.	25. 11am Cup of Care with Javier Martinez	26. 2:00pm Computer Lab w Chuck Kanach	27. 10:45 WellMed Nurse Diabetes Complications 1:00pm "Oil Paintings Art Exhibit"	28. 10:00am Computer Class w Chuck 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
			www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-4732	

April 2017

"Caregiving often calls us to lean into love we didn't know possible"

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



Cecilia Gonzalez, Program Manager/Caregiver Specialist

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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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