

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>To register :-</b> <a href="http://www.caregiverteleconnecti.org">www.caregiverteleconnecti.org</a> or the Harlingen Senior Center at (956) 365-473	Meet and Greet Caregiver Specialist Javier Martinez Call for appointment 956-365-4732.		1.10:30am WellMed Nurse T.B.D. 1:15 Brain Saver's with Javi	2.12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
5. 10:45 Christian Fellowship w Rosie	6. 11:00am Cup of Care w Javi "National Cancer Survivor Month  1:15 Brain Saver's	7. 2:00pm Tea Party for Ladies and Caregiver's <b>11:00am Teleconnection: Planning A Summer Vacation</b>	8. 10:30am WellMed Nurse T.B.D 1:15 Brain Saver's w Javi	9. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
12. 10:30 Safety Presentation w Nikita Ponce <b>12:00pm Teleconnection: Communicating and Partnering</b>	13. 11:00am Cup of Care w Javi, Colorectal Cancer Awareness 956-365-4732. 1:15 Brain Saver's	14.	15. 10:30am WellMed Nurse T.B.D 1:15 Brain Saver's with Javi	16. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
19.10:45 Christian Fellowship with Rosie	20. 11:00am Cup of Care "Kidney Cancer Awareness" w Javi 11:00 am Art Show w Jacob Jaramillo 1:15 Brain Saver's	21. <b>1:00pm Teleconnection: Anticipatory Grief</b>	22. 10:30am WellMed Nurse T.B.D 1:15 Brain Saver's with Javi	23. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
26. <b>11:00am Teleconnection: Brain Savers w Dr. Bendheim</b>	27. 11:00am Cup of Care Esophagus Awareness" w Javi	28.	29. 10:30am WellMed Nurse T.B.D 1:15 Brain Saver's with Javi	30. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"



# June

**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](mailto: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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