



Monday	Tuesday	Wednesday	Thursday	Friday
3. Closed for the 4 th of July! 	4. Closed for the 4 th of July! 	5.	6. 10:30 am WellMed Nurse Fatty Liver 10:45 Stress Buster's w Javi 1:15 Brain Saver's	7. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
10. 10:45 Christian Fellowship 12:00pm Teleconnection: Avoiding Caregiver Isolation	11. 11:00am Cup of Care with Javi 1:15 Brain Saver's	12.	13. 10:30 am WellMed Nurse Healthy Eating 10:45 Stress Buster's w Javi 1:15 Brain Saver's w Javi	14. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
17 10:30 Sudoku Class w Chuck part 1	18. 11:00am Cup of Care w Javi "Sarcoma Awareness" 1:15 Brain Saver's	19. 12:00pm Teleconnection: Dealing with Sex and other Dementia	20. 10:30am WellMed Nurse Fatty Liver 10:45 Stress Buster's w Javi 1:15 Brain Saver's w Javi	21. 12:00pm Oil Painting for Caregiver Stress Relief 10:30 am Sudoku Class w chuck part 2 1pm Qi gong for Stress Relief "spiritual healing"
24. 10:45 Christian Fellowship with Rosie 11:00am Teleconnection: Enough is Enough when setting personal boundaries 10:30 Sudoku Class w Chuck part 3	25. 11:00am Cup of Care w Javi 1:15 Brain Saver's	26.	27. 10:45 Stress Buster's w Javi 1:15 Brain Saver's with Javi	28. 12:00pm Oil Painting for Caregiver Stress Relief 10:30 Sudoku Class w Chuck part 4 1pm Qi gong for Stress Relief "spiritual healing"
31.	25. 11:00 am Cup of Care w Javi 1:15 Brain Saver's with Javi	28. To register :- www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-473	29. 10:45 Stress Buster's w Javi 1:15 Brain Saver's with Javi	



JULY

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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