

August 2017

*To Love is to Receive a
Glimpse of Heaven*
--Karen Sunde

Monday



7 TELECONNECTION
"IDENTIFYING COMBATIVE
DEMENTIA BEHAVIORS"
Tam Cummings, PhD
(SOS Center & By Phone)
1 PM

14 CAREGIVER PASSPORT
TO WELLNESS 9:30
TELECONNECTION
"ASSESSING NEEDS &
COMMUNITY RESOURCES" –
North Central Texas CTC
(SOS Center/& By Phone)
12 PM

21 CAREGIVER PASSPORT
TO WELLNESS 9:30 AM

28 CAREGIVER PASSPORT
TO WELLNESS 9:30 AM

Tuesday

1 "LET'S TALK"
WOMEN'S SUPPORT GRP
SOS Center 10:00 AM
"A safe place where women and
friends share, learn, and support
one another"

8
RELAXATION SERIES Pt. 3
"MEDITATION" 11 AM
SOS Center at Cisneros

15
HEALTHY EATING DEMO
BY GRACE HOSPICE
SOS CISNEROS 10:00 AM
RELAXATION CLASS
ART /COLORING THERAPY
11:00 AM at SOS Center

22
RELAXATION SERIES Pt. 4
"AROMATHERAPY"
SOS Center at Cisneros
11 AM

29 SOS PRESENTATION
"Alzheimer's & Dementia"
TELECONNECTION
"CAREGIVERS and GRIEF &
LOSS" 1 PM

Wednesday

2 New! STRESSBUSTING -#1
GENERAL CAREGIVERS
1:30 –3:00 pm
SOS Cisneros Center
(Registration Required at
210-507-3139)

9 STRESSBUSTING #2
GENERAL CAREGIVERS
1:30 –3:00 pm
SOS Cisneros Center

16 "CUP OF CARE"
CAREGIVER SUPPORT GROUP
SOS Center 10:30 AM
STRESSBUSTING #3
GENERAL CAREGIVERS
1:30 –3:00 pm
SOS Cisneros Center

23 STRESSBUSTING # 4
1:30 –3:00 SOS Center
TELECONNECTION
"CAREGIVING AS A HUMAN
RIGHTS ISSUE" C. Zernial
SOS Center & By Phone 2 PM

30
STRESSBUSTING #5
GENERAL CAREGIVERS
1:30 –3:00 pm
SOS Cisneros Center

Thursday

3 STRESSBUSTING -# 8
"DEMENCIA" EN ESPANOL
10:30 – 12:00 pm
Memory Care Westover Hills
10910 Town Center Drive

10 MEMBER ORIENTATION
SOS CENTER 10 AM
STRESSBUSTING -# 9
"DEMENCIA" EN ESPANOL
10:30 – 12:00 pm (MCWH)
ALZHEIMER'S SUPPORT
WESTOVER HILLS
1:30 –3:00 PM

17
LIFE INSPIRATIONS GROUP
SOS CENTER AT 10 AM

24 MEMBER ORIENTATION
SOS CENTER 10 AM

31

WWW.CAREGIVERSOS.ORG

Friday

4
MEET YOUR
CAREGIVER SPECIALIST
Walk Ins Welcome &
Appointments Available
210-507-3139

11 WELLMED SCREENINGS
CISNEROS SR. CTR. 7--12

18 WELLMED SCREENINGS
CISNEROS SR. CTR. .
730 AM -12 PM

25 WELLMED SCREENINGS
CISNEROS SR. CTR. .
730 AM -12 PM



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