

Monday	Tuesday	Wednesday	Thursday	Friday
	1.11:00am Cup of Care with Javi	2. Harlingen Senior Center Closes at 12pm	3.10:30 WellMed Nurse (topic TBD)	4. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
7. 10:45am Christian Fellowship Harlingen Senior Center Closes at 12pm <i>Teleconnection: Identifying and working with Combative Dementia</i>	8.11:00am Cup of Care with Javi 10:45 Bee First First Home Health Sponsor Bingo	9. 10:45 Alberto Vasquez <u>PALMS BEHAVIORIAL CENTER PRESENTATION</u> Harlingen Senior Center Closes at 12pm	10.10:30 am WellMed Topic TBD 10:45 Stress Buster's w Javi 1:15 Brain Saver's w Javi	11. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
14. Harlingen Senior Center Closes at 12pm <i>Teleconnection: Assessing Needs and Finding Community /Resources</i>	15.. 11:00am Cup of Care w Javi 10:45am Monica Funeral Services from Rudy Garza 1:15 Brain Saver's week 1	16. Harlingen Senior Center Closes at 12pm	17. 10:30am WellMed Topic TBD 10:45 Stress Buster's w Javi 1:15 Brain Saver's w Javi	18. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
21.10:45am Christian Fellowship with Rosie Harlingen Senior Center Closes at 12pm	22. 11:00am Cup of Care w Javi 1:15 Brain Saver's 2	23. Harlingen Senior Center Closes at 12pm <i>Teleconnection: Caregiving as a Human Rights Issue w Carol Zernial</i>	24. 10:30am WellMed Topic TBD 11:00am "Medicare Made Easy" with Eddie Perez	25.12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
28. 11:00am Erica Health Success Therapy Presentation "Non Gravity Treadmill" Harlingen Senior Center Closes at 12pm	29.11:00 am Cup of Care w Javi 1:15 Brain Saver's 3	30. To register : - www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-473	31. 10:30am WellMed Topic TBD	



AUGUST

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

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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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