



Monday	Tuesday	Wednesday	Thursday	Friday
To register :- www.caregiverteleconnecton.org or the Harlingen Senior Center at (956) 365-4732				1. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
4. Harlingen Senior Center Closed Labor Day!! 	5. 11am Loteria Sponsored by Retama Manor 1:15 Brain Saver's	6. 11:00am Cup of Care with Javi Harlingen Senior Center Closes at 12pm	7. 10:30 Diabetes Basic WellMed R.N. 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	8. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
11. Harlingen Senior Center Closes at 12pm 11am "Bible Love with Perry Tower"	12. 1:15 Brain Saver's 11:00am Grandparent's Celebration (Nikita) La Hacienda	13. 11:00am Cup of Care w Javi Ovarian Cancer Talk! Harlingen Senior Center Closes at 12pm	14. 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	15. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing" Jacob Golden Outlook "Medicare Education Week Seminar" 9:00 -11
18. 10:45am Christian Fellowship with Rosie Jacob Golden Outlook "Medicare Education Week Seminar" 2:00 -4:-00pm Harlingen Senior Center Closes at 12pm	19. 11:00am Cup of Care w Javi 1:15 Brain Saver's	20. Harlingen Senior Center Closes at 12pm Jacob Golden Outlook "Medicare Education Week Seminar" 2:00PM – 4PM	21 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi Jacob Golden Outlook "Medicare Education Week Seminar" 2:00-4	22. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
25. Harlingen Senior Center Closes at 12pm 11am "Bible Love with Perry Tower"	26 .11:00 am Cup of Care w Javi 1:15 Brain Saver's	27. Harlingen Senior Center Closes at 12pm	28. 10:30am Healthy Eating WellMed R.N. 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	29. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"

SEPTEMBER



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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