

October 2017



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>TELECONNECTION</u> "MEDICARE & OPEN ENROLLMENT -J. McDonald By Phone 11 am</p>	<p>3 <u>"COFFEE N FRIENDS"</u> WOMEN'S SUPPORT GRP SOS Center 10:30 --11:30 "A safe place where women and friends can share, learn, and support one another"</p>	<p>4 <u>LIFESPAN HOME HEALTH</u> 10 AM Cisneros Senior Center</p>	<p>5 NEW! <u>STRESSBUSTING -D</u> 10:30—12:00 #1 Memory Care on Westover Hills 10910 Town Center Drive</p>	<p>6 <u>WELLMED SCREENINGS</u> CISNEROS SR. CTR . 7--12</p>
<p>9 <u>CAREGIVER PASSPORT TO WELLNESS</u> 9:30</p> <p>WELLMED CHARITABLE FOUNDATION (WCF) GOLF CLASSIC 8 AM -3 PM</p>	<p>10 <u>RELAXATION SERIES Pt.6</u> "ART " 10:30 -11:30 SOS Center at Cisneros</p>	<p>11 <u>AACOG SENIOR RESOURCES</u> 10 AM Cisneros Senior Ctr.</p>	<p>12 <u>MEMBER ORIENTATION</u> SOS CENTER 10 AM NEW! <u>STRESSBUSTING -D</u> 10:30—12:00 #2 MEMORY CAFÉ ALZHEIMER'S SUPPORT GRP 10910 Centre Drive 1:30 -3:00 PM</p>	<p>13 <u>WELLMED SCREENINGS</u> CISNEROS SR. CTR . 7— <u>TELECONNECTION</u> "JOURNAL TECHNIQUES TO MANAGE SELF CARE "- --L. Ramos 1:00 -2:00 PM</p>
<p>16 <u>CAREGIVER PASSPORT TO WELLNESS</u> 9:30 <u>TELECONNECTION</u> "LONG DISTANCE CAREGIVING"—Z. Hilger, LPC</p>	<p>17 <u>"CAREGIVER CAFE"</u> CAREGIVER SUPPORT GRP SOS Center 10:30 -12 "A safe place where caregivers and friends can share, learn, and support one another"</p>	<p>18 <u>SOS AT OPEN HOUSE</u> WELLMED NW LOOP 410 9 AM -11 AM</p>	<p>19 <u>LIFE INSPIRATIONS GRP</u> SOS CENTER AT 10 AM <u>STRESSBUSTING -D</u> 10:30—12:00 #3 Memory Care on Westover Hills 10910 Town Center Drive</p>	<p>20 <u>WELLMED SCREENINGS</u> CISNEROS SR. CTR . 730 AM -12 PM</p>
<p>23 <u>CAREGIVER PASSPORT TO WELLNESS</u> 9:30 AM</p>	<p>24 <u>RELAXATION SERIES Pt.1</u> "IMAGERY " 10:30 -11:30 SOS Center at Cisneros</p>	<p>25 <u>TELECONNECTION</u> "THE DANGER OF DEPRESSION" E. Greb, LCSW 11 am</p>	<p>26 <u>MEMBER ORIENTATION</u> SOS CENTER 10 <u>AMSTRESSBUSTING -D</u> 10:30—12:00 #4 Memory Care on Westover Hills 10910 Town Center Drive</p>	<p><u>SATURDAY, 21, 2017</u> WALK TO END ALZHEIMER'S PALO ALTO 1400 VILLARET</p>
<p>30 <u>MEET YOUR CAREGIVER SPECIALIST</u> Walk Ins Welcome & Appointments Available 210-507-3139</p>	<p>31</p> 		 WWW.CAREGIVERSOS.ORG	

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