

Monday	Tuesday	Wednesday	Thursday	Friday
2 2:00 Stress Busting Program NE Sr. Center (registration required)	3 9:00-12:00 NE Senior Center Open House 1:30 Stress Busting Program Lopez Center (registration required)	4 9:30 Caregiver SOS Lopez Center 12:00 Telephone Support Group	5 9:00 Open House WM Ingram Clinic 6:00 Caregiver Education Kronkosky Center	6 8:30-3:00 Stroke Survivors and Caregivers Conference
9 2:00 Stress Busting Program NE Sr. Center (registration required)	10 1:30 Stress Busting Program Lopez Center (registration required)	11 10:00 Caregiver Support Group Lopez Center 12:00 Telephone Support Group	12 9:00 New Members Class Griffin Center 10:00 Caregiver SOS	13
16 10:30 Caregiver SOS Northeast Senior Center 2:00 Stress Busting Program NE Sr. Center (registration required)	17 1:30 Stress Busting Program Lopez Center (registration required)	18 9:30 Caregiver SOS Support Group Lopez Center 12:00 Telephone Support Group	19	20 1:30 Caregiver SOS Rainbow Senior Center
23 2:00 Stress Busting Program NE Sr. Center (registration required)	24 1:30 Stress Busting Program Lopez Center (registration required)	25 10:00 Caregiver Support Group Lopez Center 12:00 Telephone Support Group	26 9:00 New Members Class Griffin Center 10:00 Alzheimer's Support Group Griffin Center	27
30 2:00 Stress Busting Program NE Senior Center (registration required)	31 1:30 Stress Busting Program Lopez Center (registration required)			

October 2017
For Families and Friends caring for an older loved one

Caregiver SOS at WellMed Charitable Foundation
8637 Fredericksburg Rd
San Antonio, TX 78240
210-617-4781

