





Monday	Tuesday	Wednesday	Thursday	Friday
2. 11:00am Cup of Care w Javi/ 1:15 Brain Saver's <i>Teleconnection: 11am What you need to know about Medicare</i>	3. 11:00am Cup of Care w Javi	4. Harlingen Senior Center Closes at 12pm	5.10:45 Friend's Supporting Friend's Group 10:30 WellMed Nurse Diabetes Basic's 1:15 Brain Savers	6. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
9. Harlingen Senior Center Closes at 12pm 10:45am Christian Fellowship	10. 11:00am Cup of Care w Javi " Liver Cancer Awareness" 1:15 Brain Saver's 	11. Harlingen Senior Center Closes at 12pm	12. 10:45 Friend's Supporting Friend's Group 10:30 WellMed Nurse Healthy Eating 1:15 Brain Savers	13. Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing" <i>Teleconnection: Using Journal Techniques</i>
16.Harlingen Senior Center Closes at 12pm 11am "Bible Love with Perry Tower" <i>Teleconnection: Long Distance Caregiving</i>	17.10:45 am Atrium Sara Cavazos 11:00am Cup of Care w Javi "Breast Cancer Awareness" Presentation  1:15 Brain Saver's	18. Harlingen Senior Center Closes at 12pm	19. 10:45 Friend's Supporting Friend's Group 10:30 Medicare Made Easy w Eddie Perez 10:30 WellMed Nurse Blood Pressure 1:15 Brain Saver's w Javi	20.12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
23.10:45am Christian Fellowship 10:30 Medicare Made Easy w Jacob Jaramillo	24.11:00am Cup of Care w Javi "Disability Awareness"  1:15 Brain Saver's	25.Harlingen Senior Center Closes at 12pm <i>Teleconnection: The Danger of Depression</i>	26. 10:45 Friend's Supporting Friend's Group 10:30 WellMed Nurse Know your Labs 1:15 Brain Saver's w Javi	27.12:00pm Oil Painting for Caregiver Stress Relief 1:00 pm Halloween Party w Jacob 
30.Harlingen Senior Center Closes at 12pm 11:30 am New Member Orientation 11am "Bible Love with Perry Tower"	31..11:00 am Cup of Care w Javi 1:15 Brain Saver's	To register :- www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-4732		



OCTOBER 2017

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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