

November 2017



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

Monday	Tuesday	Wednesday	Thursday	Friday
		 WWW.CAREGIVERSOS.ORG	2 <u>STRESSBUSTING –D</u> 10:30—12:00 #4 Memory Care on Westover Hills 10910 Town Center Drive SPECIAL: “DEAR LUCY” 12 PM –1 PM (by phone) Register: 1 -866-390-6491	3 <u>WELLMED SCREENINGS</u> CISNEROS SR. CTR . 7--12
6	7 ---- <i>APHA, Atlanta Nov. 4-8</i> ----	8	9 <u>SPECIAL EVENT</u> “4 TH Annual Caregiver Summit: Embracing the Challenge” Whitley Theological Center 8:30 am –2:00 pm Pre –Registration Required	10 <u>WELLMED SCREENINGS</u> CISNEROS SR. CTR .
13 <u>CAREGIVER PASSPORT TO WELLNESS 9:30 TELECONNECTION</u> “THE HOLIDAYS AND CAREGIVING”—Z. Hilger, LPC (by phone) 12 PM --1 PM Register: 1 -866-390-6491	14 “<u>CAREGIVER CAFE</u>” CAREGIVER SUPPORT GRP SOS Center 10:30 –12 “A safe place where caregivers and friends share, learn, and support one another”	15 <u>SOS AT OPEN HOUSE</u> WELLMED GREAT NW 410 9 AM –11 AM <u>SOS AT OPEN HOUSE</u> WELLMED SAN JOSE 2 PM –4 PM	16 <u>LIFE INSPIRATIONS GRP</u> SOS CENTER AT 10 AM <u>STRESSBUSTING –D</u> 10:30—12:00 #5 Memory Care on Westover Hills 10910 Town Center Drive <u>MEMORY CAFÉ</u> ALZHEIMER’S SUPPORT GRP 10910 Centre Drive 1:30 –3:00 PM	17 <u>SOS AT OPEN HOUSE</u> WELLMED PECAN VALLEY 9 AM –11 AM <u>SOS AT OPEN HOUSE</u> WELLMED SOUTH SAN 2 PM –4 PM <u>SOS AT OPEN HOUSE</u> WELLMED GEN. McMULLEN 2 PM –4 PM
20	21 ---- <i>Thanksgiving Week</i> ----	22	23 	
27 <u>CAREGIVER PASSPORT TO WELLNESS 9:30</u>	28 “<u>COFFEE N FRIENDS</u>” WOMEN’S SUPPORT GRP SOS Center 10:30 --11:30 “A safe place for women to share, learn, and support one another”	29 <u>MEET YOUR CAREGIVER SPECIALIST</u> Walk Ins Welcome & Appointments Available 210-507-3139	30 <u>STRESSBUSTING –D</u> 10:30—12:00 #6 Memory Care on Westover Hills 10910 Town Center Drive	

Gloria Miranda, BA
 Program Manager
 (210) 507-3139
 GMiranda@Wellmed.net
 509 SW Military Dr. Suite #100