







Monday	Tuesday	Wednesday	Thursday	Friday
To register : - www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-4732		1. Harlingen Senior Center Closes at 12pm	2. 10:30am Diabetes Basic WellMed R.N. 12:00pm Teleconnection "Dear Lucy" 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	3. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
6. Harlingen Senior Center Closes at 12pm 11am "Bible Love with Perry Tower"	7. 11:00am Cup of Care w Javi " Pancreatic Cancer Awareness" 1:15 Brain Saver's 	8. Harlingen Senior Center Closes at 12pm	9. 10:30am Healthy Eating 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	10. 11:00am Veteran's Day Celebration 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
13. Harlingen Senior Center Closes at 12pm 12:00pm Teleconnection The Holidays and Caregiving 11:00am Christian Fellowship	14. 11:00 am Cup of Care w Javi "Diabetes Awareness" 1:15 Brain Saver's 	15. Harlingen Senior Center Closes at 12pm	16. 10:30am Healthy Holiday Tips 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	17. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
20. 11am "Bible Love with Perry Tower" Harlingen Senior Center Closes at 12pm	21. 12:00pm Thanksgiving Potluck 1:15 Brain Saver's	22. Harlingen Senior Center Closes at 12pm	23. Harlingen Senior Center Closed for Thanksgiving 	24. Harlingen Senior Center Closed for Thanksgiving 
27. Harlingen Senior Center Closes at 12pm 11:30 am New Member Orientation 11:00am Christian Fellowship	28. 11:00 am Cup of Care w Javi Alzheimer's Awareness 	29. 9:00am – 1:00pm Caregiver Symposium at Golden Palms w Javier Martinez	30. 10:30am Vitamins & Supplements 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	

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November 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!