



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Caregiver SOS Lopez Center 12:00 Telephone Support Group	2 12:00 Teleconnection "Dear Lucy"	3
6 2:00 Stress Busting Program NE Sr. Center (registration required)	7 1:30 Stress Busting Program Lopez Center (registration required)	8 10:00 Caregiver Support Group Lopez Center 12:00 Telephone Support Group 2:00 Caregiver SOS at WM Windcrest Open House	9 8:30-2:00 Caregiver Summit	10
13 10:30 Caregiver SOS Northeast Senior Center 12:00 Teleconnection The Holidays and Caregiving 2:00 Stress Busting Program NE Sr. Center (registration required)	14 1:30 Stress Busting Program Lopez Center (registration required)	15 12:00 Telephone Support Group	16 10:00 Alzheimer's Support Group Griffin Center 12:00 Teleconnection "Dear Lucy"	17 10:00 Caregiver SOS Rainbow Senior Center
20	21	22	23 	24
27	28	29 10:00 Caregiver Support Group Lopez Center	30 12:00 Teleconnection "Dear Lucy"	

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

**Caregiver SOS at
WellMed Charitable
Foundation**
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