




Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>To register :-</u> www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-4732</p>				<p>1. 12:00pm Oil Painting for Caregiver Stress Relief 10:30 TRS Care w Eddie Perez 1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>4. Harlingen Senior Center Closes at 12pm</p> <p>11am Medicare Made Easy with Jacob Jaramillo</p> <p>11am "Bible Love with Perry Tower"</p>	<p>5.11:00am Cup of Care w Javi Aids Awareness 1:15 Brain Saver's  11:00AM TELECONNECTION Coping with Caregiver Stress</p>	<p>6. Harlingen Senior Center Closes at 12pm</p> <p>12:00 pm Luncheon for Arts and Crafts</p>	<p>7.10:45 Friends Supporting Friend's Group</p> <p>1:15 Brain Saver's w Javi</p>	<p>8. 12:00pm Oil Painting for Caregiver Stress Relief</p> <p>1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>11. 11am Christian Fellowship 12:00pm Teleconnection Keeping your Sense of Humor Harlingen Senior Center Closes at 12pm</p>	<p>12.11:00am Cup of Care w Javi</p> <p>1:15 Brain Saver's </p>	<p>13. 12 pm Harlingen Senior Center Christmas Party 2017</p>	<p>14. 10:30 WellMed Nurse Bingo by INVITATION ONLY!</p> <p>10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi</p>	<p>15.12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>18. Harlingen Senior Center Closes at 12pm 11am "Bible Love with Perry Tower"</p>	<p>19.11:00am Cup of Care 1:15 Brain Saver's</p>	<p>20.Harlingen Senior Center Closes at 12pm</p>	<p>21.10:45 Friend's Supporting Friend's Group</p>	<p>22.12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>25. HARLINGEN SENIOR CENTER WILL BE CLOSED FROM 12-25 THROUGH JANUARY 1ST </p>	<p>26. HARLINGEN SENIOR CENTER WILL BE CLOSED FROM 12-25 THROUGH JANUARY 1ST</p>	<p>27. HARLINGEN SENIOR CENTER WILL BE CLOSED FROM 12-25 THROUGH JANUARY 1ST</p>	<p>28. HARLINGEN SENIOR CENTER WILL BE CLOSED FROM 12-25 THROUGH JANUARY 1ST</p>	<p>29. HARLINGEN SENIOR CENTER WILL BE CLOSED FROM 12-25 THROUGH JANUARY 1ST</p>



December 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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