



Monday	Tuesday	Wednesday	Thursday	Friday
1. HARLINGEN SENIOR CENTER CLOSED FOR NEW YEARS DAY !!!	2. 11:00am Cup of Care w Javi 1:15 Brain Saver's	3. Harlingen Senior Center Closes at 12pm	4. 10:45 Friends Supporting Friend's Group 11amTeleconnection: Managing Difficult Behaviors 1:15 Brain Saver's w Javi	5. 12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
8. 11AM "GOOD NEWS" FROM A GOOD BOOK W PERRY TOWER	9.11:00am Cup of Care w Javi Cervical Cancer Presentation! 	10. Harlingen Senior Center Closes at 12pm	11.10:45 Friends Supporting Friend's Group 1:15 Brain Saver's w Javi	12.12:00pm Oil Painting for Caregiver Stress Relief 12pm Teleconnection The caregivers journey 1pm Qi gong for Stress Relief "spiritual healing"
15. Closed for Martin Luther King Day 	16.11:00am Cup of Care w Javi Glaucoma Awareness Presentation 12pm Teleconnection: Legal Issues for Caregivers 1:15 Brain Saver's	17. Harlingen Senior Center Closes at 12pm	18 . 10:30am Diabetes Basic with WellMed R.N. 10:45 Friend's Supporting Friend's Group 1:15 Brain Saver's w Javi	19.12:00pm Oil Painting for Caregiver Stress Relief 1pm Qi gong for Stress Relief "spiritual healing"
22Harlingen Senior Center Closes at 12pm 11am Christian Fellowship	23. 11:00am Cup of Care with Javi 1:15 Brain Saver's	24. Harlingen Senior Center Closes at 12pm	25.10:30 Healthy Eating with WellMed R.N. 10:45 Friend's Supporting Friend's Group	26.12:00pm Oil Painting for Caregiver Stress Relief 11am Teleconnection: Temporal Dementia 1pm Qi gong for Stress Relief "spiritual healing"
29. 11AM "GOOD NEWS" FROM A GOOD BOOK W PERRY TOWER	30. 11:00am Cup of Care New Member Orientation 1:15 Brain Saver's	31. Harlingen Senior Center Closes at 12pm	To register : - www.caregiverteleconnection.org or the Harlingen Senior Center at (956) 365-4732	



HARLINGEN SENIOR CENTER AND CAREGIVER SOS

MONDAY- -THURSDAY & FRIDAY
8:00AM-- 4PM FROM 8AM -3PM

512 Victoria Lane Ste. 11
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Javier Martinez Program Manager/Caregiver Specialist
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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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