

# January 2018 for Family Caregivers and their loved ones

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>"A Cup of Care" Social Hour Lindale Sr. Center 12:00 noon Sponsored by: Corpus Christi Hospice</i>	5	6
8	9 Blood Pressure checks By: WellMed Alameda 9-11 am Wellness Education Class 12:15 Yvette w/WellMed	10 Alzheimer's/Dementia Support Group 12:00 Lindale Sr. Center Sponsored By: New Century Hospice	11	12
15	16	17 <i>Krafty Karegivers Lindale Sr. Center 12 noon Sponsored by: Life Care Centers</i>	18	19
22	23	24 Face to Face w/Dr. Nestor Praderio Dr's Regional Conf. Center 6:30 pm	25 <i>Krafty Karegivers Zavala Senior 10:30 am</i>	26
29	30 A Time of Reflection w/Dr. Nestor Praderio Lindale Sr. Center 12 noon	31		

Caregiver SOS at  
Lindale Senior Center  
3135 Swantner Drive  
Corpus Christi, TX 78404  
Office: 361-826-2343

*StressBusting Class  
Starting soon  
For caregivers of  
loved ones  
with Alzheimer's Disease  
or other Dementia's  
Please call  
361-826-2340 for  
information*



Senior Community  
Services



HELPING PEOPLE LIVE WITH ALZHEIMER'S