

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00 Teleconnection: Mindfulness 11:00 Northeast Senior Center	2
5	6 10:00 Stress-Busting Program (reg. required) Rainbow Senior Center	7 9:30 Caregiver SOS Lopez Center	8 12:00 Teleconnection: Dear Lucy	9
12 10:30 Caregiver SOS Northeast Senior Center 12:00 Teleconnection: Family Meetings	13 10:00 Stress-Busting Program (reg. required) Rainbow Senior Center	14 10:00 Caregiver Support Group Lopez Center	15	16 10:00 Caregiver SOS Rainbow Senior Center
19 11:00 Teleconnection: Managing Family Conflict 1:30 Stress-Busting Program(reg. required) Doris Griffin Center	20 10:00 Stress-Busting Program (reg. required) Rainbow Senior Center	21 9:30 Caregiver SOS Lopez Center	22 10:00 Alzheimer's Support Group Griffin Center 12:00 Teleconnection: Dear Lucy	23
26 1:30 Stress-Busting Program(reg. required) Doris Griffin Center	27 10:00 Stress-Busting Program (reg. required) Rainbow Senior Center	28 10:00 Caregiver Support Group Lopez Center		

February 2018

For Families and Friends
caring for an older loved
one

Caregiver SOS at WellMed Charitable Foundation

8637 Fredericksburg
Rd

San Antonio, TX
78240

210-617-4781

