




Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. HARLINGEN SENIOR CENTER CLOSED FOR LABOR DAY!!!</p> 	<p>4. 1:15 Brain Saver's w Javi</p>	<p>5. 10:30am StressBusters With Javi</p>	<p>6. 10:45 Stress busters (Friend's Supporting Friend's)</p> <p>1:15 Brain Saver's with Javi</p>	<p>7. 10:00am Navigating Medicare /Medicaid Computer Class</p> <p>12:00pm Oil Painting for Caregiver Stress Relief</p> <p>1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>10.1100am Diabetes Basic (Wellmed R.N.)</p> <p>1:30 Wholesome Movies with Perry Tower</p>	<p>11. 11:15 Brain Saver's with Javi (Wear Red white and blue)</p> 	<p>12. 10:30am StressBusters With Javi</p>	<p>13. 10:45 Stress busters (Friend's Supporting Friend's)</p>  <p>1:15 Brain Saver's with Javi</p>	<p>14. 12:00pm Oil Painting for Caregiver Stress Relief</p> <p>1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>17. 11:00am Healthy Eating Wellmed R.N.</p> <p>10:00-12:00pm Medicare Education with Jacob</p> <p>2:00pm Grandparents day Alma (Wellmed)</p>	<p>18. 1:15 Brain Savers with Javi</p>	<p>19. 10:00-12:00pm Medicare Education with Jacob</p> <p>(No Stressbusters)</p>	<p>20. 10:45 Stress busters (Friend's Supporting Friend's)</p> <p>1:15 Brain Savers with Javi</p>	<p>21. 10:00-12:00pm Medicare Education with Jacob</p> <p>12:00pm Oil Painting for Caregiver Stress Relief</p> <p>1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>24. 1:30 Wholesome Movies with Perry Tower</p>	<p>25. 1:15 Brain Savers with Javi</p>	<p>26. 10:30am StressBusters With Javi</p>	<p>27. 10:45 Stress busters (Friend's Supporting Friend's)</p> <p>1:15 Brain Savers with Javi</p>	<p>28. 10:00am Navigating Medicare /Medicaid Computer Class</p> <p>12:00pm Oil Painting for Caregiver Stress Relief</p> <p>1pm Qi gong for Stress Relief "spiritual healing"</p>
<p>To register :- <a href="http://www.caregiverteleconnection.org">www.caregiverteleconnection.org</a> or the Harlingen Senior Center at (956) 365-4732</p>				

**September 2018**

*"There are only four kinds of people in the world - Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers And those who will need caregivers."*  
*Rosalynn Carter*

**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**

**CAREGIVER SOS**  
WELLMED

Javier Martinez Program Manager/Caregiver Specialist  
[jmartinez@WellMed.net](mailto:jmartinez@WellMed.net)

**Join WellMed Educational Sessions on Diabetes Management**  
*Angelica Cervantes R.N., presents every Thursday on various topics on Diabetes in English and Spanish. Pre -Registration is required. Please (956) 365-4732 sign up!*