

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 
5 1:00-2:30pm Stress Busting General Week 9 NE Senior Center	6 Teleconnection: La dinámica familiar y la demencia con el Dr. Néstor H. Praderio 10:00am 10:00-11:30am Stress Busting-Dementia Wk. 6 Elvira Cisneros Senior Ctr.	7 10:00-11:30am Caregiver Support Group-Lopez Senior Center WellMed Clinic Open House Northern Hills 2-4pm	8 9:30-11:00am Caregiver Support: Doris Griffin Senior Center Teleconnection: Lucy Barlyak, LMSW as "Dear Lucy" 10:00am WellMed Clinic Open House Embassy Oaks 2-4pm	9
12 Teleconnection: Dealing with Difficult Behaviors with Laura Wolfe, PhD 12:00pm 	13 10:00-11:30am Stress Busting-Dementia Wk. 7 Elvira Cisneros Senior Ctr. WellMed Clinic Open House Greenway Park 2-4pm	14 Teleconnection: Planning a Holiday Trip to see a loved one with Evalyn Greb, LCSW 11:00am	15 WellMed Clinic Open House Bulverde 2-4pm	16 10:00 -11:15am Caregiver 101- Support Group- Rainbow Senior Center/Kronkosky Place-Boerne
19 10:30- 11:30am Caregiver Support Group Northeast Senior Center	20 10:00-11:30am Stress Busting-Dementia Wk. 8 Elvira Cisneros Senior Ctr.	21	22 Office Closed in Observance of Thanksgiving 	23 Office Closed
26 1:00-2:30pm Stress Busting General Week 8 NE Senior Center	27 10:00-11:30am Stress Busting-Dementia Wk. 9 Elvira Cisneros Senior Ctr.	28 10:00am-11:30 am Caregiver Support Group-Lopez Senior Center Teleconnection: Dealing with Dementia with Gayle Alston 11:00am	29 10:00am-11:15am Alzheimer's Support Group Doris Griffin Center-Alz. Association guest speaker. WellMed Clinic Open House Greenway Park 2-4pm	30 Quote: "Courage is very important. Like a muscle it strengthened by use." Ruth Gordon

November 2018

For Families and Friends
caring for an older loved
one

**Caregiver SOS at
WellMed
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