

# FEBRUARY 2019 for Family Caregivers and their loved ones

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



**CAREGIVER SOS**



**CORPUS  
 CHRISTI  
 PARKS &  
 RECREATION**

Senior Community  
 Services



HELPING PEOPLE LIVE WITH ALZHEIMER'S

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6 <i>"A Cup of Care"                      Social Hour                      Lindale Sr. Center                      12:00 noon                      Sponsored by:                      Corpus Christi Hospice</i>	7	8 <i>Valentine Dance                      Zavala Senior Center                      12:00 - 2:00 pm</i>
11	12 Blood Pressure checks By: WellMed Alameda 10-11 am	13 Alzheimer/Dementia Support Group Lindale Center 12:00 Noon	14 <i>Valentine Party                      Lindale Center                      12:30 -2:00 pm</i>	15 <i>Healthy Heart Event                      w/United Health Care                      10:00 am till 2:00 pm                      Caregiver SOS Center</i>
18	19 Diabetic Bingo w/Evette Silvas BSN,RN Lindale Center 12:00 noon	20 <i>Krafty Karegivers                      Lindale Center                      12:00 noon                      Sponsored By:                      Life Care Centers</i>	21	22
25	26 A Time of Reflection W/Dr. Nestor Praderio Zavala Sr Center 510 Osage 12:00noon Please RSVP 361-826-2343	27 Face to Face Alzheimer's Education & Support Group Session Nestor H. Praderio M.D. Doctors Regional Conference Center 6:30 PM	28	