

# September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Please RSVP for classes <b>"in BLUE &amp; BOLD"</b> by calling 321.434.7625				<b>1</b> No Caregiving Essentials Class today	<b>2</b>
<b>3</b> <u>Stroke &amp; Aneurysm Support Group - first Monday of every month at HRMC Auditorium</u> 5:30 to 7 p.m. RSVP to 321.434.1752	<b>4</b> <b>Labor Day</b> <b>NO STROKE &amp; ANEURYSM SUPPORT GROUP MEETING THIS MONTH</b>	<b>5</b> Caregiver Support Group 10:30 a.m. <u>Living with Grief</u> 10:30 a.m. Karen Czarniak - Hospice of Health First Bereavement Counselor	<b>6</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m. Early Stage Support Group 2 to 3:30 p.m.	<b>7</b> <u>Memories in the Making</u> 10 to 11:30 a.m. Caregiver Support Group 11 a.m. - Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.	<b>8</b> <u>Caregiving Essentials</u> Class 4 - End-of-Life II Making Difficult Decisions for End-of-Life Care 10 a.m. to noon	<b>9</b>
<b>10</b> <b>Grandparents Day</b>	<b>11</b> <u>MindSet...Brain Health</u> Class 5 of 6 9:30 to 11 a.m.	<b>12</b> Caregiver to Caregiver Support Group 10:30 a.m. Tuesday Lunch Bunch 12 to 2 p.m.	<b>13</b> <u>Living Healthy Workshop</u> 9:30 to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m. Pat DeAngelis, RN	<b>14</b> <u>Memories in the Making</u> 10 to 11:30 a.m. Caregiver Support Group 11 a.m. - Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.	<b>15</b> <u>Caregiving Essentials</u> Class 5 - End-of-Life III A Panel of Experts - Late & End Stage Topics 10 a.m. to noon	<b>16</b>
<b>17</b>	<b>18</b> <u>MindSet...Brain Health</u> Class 6 of 6 9:30 to 11 a.m. <b>Patriot Day</b>	<b>19</b> Caregiver to Caregiver Support Group 10:30 a.m.	<b>20</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon <u>When to Make the Move &amp; Meaningful Visits</u> 10:30 a.m. Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.	<b>21</b> <u>Memories in the Making</u> 10 to 11:30 a.m. Caregiver Support Group 11 a.m. - Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.	<b>22</b> <u>Caregiving Essentials</u> Class 6 - Music Stimulation in Patients with Alzheimer's Disease 10 a.m. to noon	<b>23</b> <b>First Day of Fall begins on September 22.</b>
<b>24</b>	<b>25</b>	<b>26</b> Caregiver to Caregiver Support Group 10:30 a.m.	<b>27</b> <u>Living Healthy Workshop</u> 9:30 to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m. Pat DeAngelis, RN	<b>28</b> <u>Memories in the Making</u> 10 to 11:30 a.m. Caregiver Support Group 11 a.m. - Alyce Webster Arts & Crafts 1:30 to 3:30 p.m.	<b>29</b> <u>Melodies and Memories</u> "And the Oscar Goes to" at 2:00 p.m. Lyrics, Laughter, Movie Clips & Dessert! RSVP	<b>30</b>
	Don't forget to visit our Library for information & resources to help you on your caregiving journey. Open Monday through Friday 10 a.m. to 4 p.m.		<b>Coming in October: It's a Need, Not a Behavior on 10/18</b> Carol White, Division Care Manager, Brookdale Sr. Living	<b>Attorney, Kurt Weiss October 25 - 10:30 a.m. Medicaid</b> – rules to qualify, different types of assistance, & recent proposed changes	<b>The First Steps</b> – for caregivers & loved ones 10/5 to 11/2: Alz., Assoc. <b>Life's Path Diptychs</b> – a new & unique art class <b>10/18 &amp; 25 Susan Giblin, Artist</b>	<b>When It's Not AD:</b> 10/6: Vascular Dementia 10/13: Lewy Body 10/20: Frontotemporal 10/27: Parkinson's & Downs Syndrome Fridays: 10:30 to noon