

Mon	Tue	Wed	Thu	Fri	Sat/ Sun
				1 11:00am-12:00pm POWER HOUR – Work your brain cognitively, dynamically & socially.	2/3
4 CLOSED MONDAYS 	5 10:00am-2:00pm Resource Day	6 6:00pm-7:30pm Caring for a Parent with Alzheimer's or Dementia	7 12:30pm-2:00pm Courageous Heroes: Alzheimer's/Dementia Caregiver Support Group (R)	8 10:30am-11:30am Drum Circle	9/10
11 CLOSED MONDAYS	12 10:00am-2:00pm Resource Day	13 11:00am-12:30pm Lean on Me (R) 1:00pm-2:00pm Lunch 'n Learn Are they doing that to annoy us? Behaviors and Alzheimer's Disease	14 10:00am-11:30am Early Memory Loss Support Group 12:30pm-2:00pm Wellness Warriors: Alzheimer's/Dementia Caregiver Support Group (R)	15 11:00am-12:00pm POWER HOUR – work your brain cognitively, dynamically & socially.	16/17
18 CLOSED MONDAYS	19 10:00am-2:00pm Resource Day	20 6:00pm-7:30pm Caring for a Parent with Alzheimer's or Dementia	 21 12:30pm-2:00pm Courageous Heroes: Alzheimer's/Dementia Caregiver Support Group (R)	22 10:30am-11:30am Drum Circle	23/24
25 CLOSED MONDAYS	26 10:00am-2:00pm Resource Day	27 11:00am-12:30pm Lean on Me (R)	28 10:00am-11:30am Early Memory Loss Support Group 12:30pm-2:00pm Wellness Warriors: Alzheimer's/Dementia Caregiver Support Group (R)	29 	30