

HOURS:

Monday – Closed
Tuesday- 10:00am-2:00pm
Wed. – 10am-2:30pm/6-7:30pm
Thursday – 10:00am-2:30pm
Friday – 9:30am-1:30pm

MAY 2017

Mon	Tue	Wed	Thu	Fri	Sat/ Sun
1 CLOSED MONDAYS	2 10:00am-2:00pm Resource Day	3 10:30am-11:30am Memory Fitness Hosted by Belmont Village 6:00pm-7:30pm Caring for a Parent with Alzheimer's or Dementia	4 12:30pm-2:00pm Courageous Heroes: Alzheimer's/Dementia Caregiver Support Group (R)	5 11:00am-1:00pm Art for a purpose	6/7
8 CLOSED MONDAYS	9 10:00am-2:00pm Resource Day	10 11:00am-12:30pm Experienced Caregiver's Group Alzheimer's/Dementia (R) 1:00pm-2:00pm Lunch 'n Learn: One Generation (Learn about their programs and services, including adult day care) RSVP	11 10:00am-11:30am Early Memory Loss Support Group 12:30pm-2:00pm Wellness Warriors: Alzheimer's/Dementia Caregiver Support Group (R)	12 10:00am-11:00am Drum Circle RSVP 11:00am-1:00pm Art for a purpose	13/14
15 CLOSED MONDAYS	16 10:00am-2:00pm Resource Day 11:00am-12:00pm (RSVP) Body and Brain: Releasing Stress through breathing, mediation and tapping	17 10:30am-11:30am Memory Fitness (Hosted by Belmont Village) 6:00pm-7:30pm Caring for a Parent with Alzheimer's or Dementia	18 12:30pm-2:00pm Courageous Heroes: Alzheimer's/Dementia Caregiver Support Group (R)	19 11:00am-1:00pm Art for a purpose	20/21
22 CLOSED MONDAYS	23 10:00am-2:00pm Resource Day	24 11:00am-12:30pm Experienced Caregiver's Group Alzheimer's/Dementia (R) 5:00pm SPECIAL EVENT "Hear it from the Real Experts" - Living with Alzheimer's Disease from the Patient's Perspective. RSVP	25 10:00am-11:30am Early Memory Loss Support Group 12:30pm-2:00pm Wellness Warriors: Alzheimer's/Dementia Caregiver Support Group (R)	26 11:00am-1:00pm Art for a purpose	27/28
29 MEMORIAL DAY 	30 10:00am-2:00pm Resource Day	31 NO PROGRAMMING			