

Sat/ Sun	Mon	Tue	Wed	Thu	Fri
	1 MIDLANDS GIVES is tomorrow! MAY 2ND!	2 11:30 am – 1:00 pm <i>Early Stage Support Group</i> 12:00 – 2:00 pm PARKING LOT PARTY! 2:00 – 3:30 pm - Line Dancing 6:00 – 7:15 pm * <i>Caregiver Support Group</i>	3 10:00 am – 12:00 pm <i>Sit 'n Stitch</i>	4 10:30 – 11:30 am <i>Mindful Movement</i> 1:00 – 2:15 pm <i>Keeping the Faith</i>	5
6 / 7	8 1:00 – 2:15 pm <i>Grief Support Group</i>	9 11:30 am – 1:00 pm * <i>Parkinson's Caregiver Group</i> 2:00 – 3:00 pm <i>Caregiver 101</i> 6:00 – 7:30 pm DINE 'N LEARN: Elder Law Atty	10 10:00 am – 12:00 pm <i>Sit 'n Stitch</i> 1:00 – 2:30 pm SNACK 'N LEARN: Body in Motion	11 10:30 – 11:30 am <i>Mindful Movement</i> 11:30 am – 1:00 pm <i>Caregiver Massages & Hand Treatments</i> 1:00 – 2:15 pm * <i>Caregiver Support Group</i>	12 9:30 am <i>Men's Coffee Club</i>
13 / 14	15 	16 11:30 am – 1:00 pm <i>Early Stage Support Group</i> 2:00 pm – 3:30 pm <i>Line Dancing</i> 6:00 – 7:15 pm * <i>Caregiver Support Group</i>	17 10:00 am – 12:00 pm <i>Sit 'n Stitch</i> 11:30 am – 1:00 pm <i>Love & Support</i>	18 10:30 am – 11:30 am <i>Mindful Movement</i> 1:00 – 2:15 pm <i>Keeping the Faith</i>	19 10:30 – 11:30 am Ladies & Laughter with Coffee! Caregivers & Volunteers welcome
20 / 21	22 1:00 – 2:15 pm <i>Grief Support Group</i>	23 11:30 am – 1:00 pm * <i>Parkinson's Caregiver Group</i> 1:30 pm – 3:00 pm <i>Learn to Draw</i> 2:00 – 3:00 pm <i>Caregiver 101</i>	24 10:00 am – 12:00 pm <i>Sit 'n Stitch</i> 10:30 am – 11:30 am <i>Drumming Circle of FUN!</i> 12:00 – 1:30 pm LUNCH 'N LEARN: Nutrition: Live it, Love it, Eat it!	25 11:30 am – 1:00 pm <i>Caregiver Massages & Hand Treatments</i> 1:00 – 2:15 pm * <i>Caregiver Support Group</i>	26 9:30 am <i>Men's Coffee Club</i>
27 / 28	29  Closed in Observance of Memorial Day	30 2:00 – 3:00 pm Craft: Learn to Bead Jewelry	31 10:00 am – 12:00 pm <i>Sit 'n Stitch</i> 11:30 am – 1:00 pm LUNCH 'N LEARN: Tips and Tricks for Dementia Behaviors	PROGRAMMING NOTES: * Items with asterisks are support groups with respite services available in center * See newsletter for complete program descriptions Follow us!   	