



Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Follow us!</i></p> 		<p>1</p> <p>11:30 – 1:00 pm Early & Mid Stage Group (in person & virtual)</p> <p>6:00 – 7:00 pm Caregiver Support Group (in person & virtual)</p>	<p>2</p> <p>1:00 pm SNACK 'N GAMES: Brain Games with Marti! (in person or virtual)</p>	<p>3</p> <p>10:00 – 11:00 am Coffee & Canvas (in person)</p>	<p>4</p>
5 / 6	<p>7</p> <p>1:00 pm FACEBOOK LIVE Brain Games with Marti!</p>	<p>8</p> <p>11:30 am – 1:00 pm Parkinson's Caregiver Support Group (w/ respite) (in person & virtual)</p>	<p>9</p> <p>12:30 pm LUNCH 'N LEARN: Sensitive Situations in Dementia Caregiving (in person & virtual)</p>	<p>10</p> <p>10:00 – 11:00 am Coffee & Canvas (in person)</p> <p>1:00 – 2:00 pm (w/ respite) Caregiver Support Group (in person & virtual)</p>	<p>11</p> <p>9:30 am Men's Coffee Club (in person & virtual)</p>
12 / 13	<p>14</p> <p>1:00 – 2:00 pm Grief Support Group (in person & virtual)</p>	<p>15</p> <p>11:30 am – 1:00 pm Early & Mid Stage Group (in person & virtual)</p> <p>6:00 – 7:00 pm Caregiver Support Group (in person & virtual)</p>	<p>16</p> <p>12:30 pm LUNCH 'N LEARN Resiliency Workshop: Building Resiliency through Self-Care & Compassion (in-person & virtual)</p>	<p>17</p> <p>10:00 – 11:00 am Coffee & Canvas (in person)</p> <p>10:00 am – 2:00 pm FREE Johnson & Johnson Vaccines provided by the Dept of Veterans Affairs!</p>	<p>18</p> <p>9:30 – 11:00 am PANCAKE BREAKFAST <i>Sit Down or Drive Thru!</i></p>
19 / 20	<p>21</p> <p>11:00 am – 3:00 pm FREE Memory Screenings <i>RSVP Required; Open to all</i></p> <p>1:00 – 2:00 pm Multiple Sclerosis Family Support Group (in person & virtual)</p> 	<p>22</p> <p>11:30 am – 1:00 pm Parkinson's Caregiver Support Group (w/ respite) (in person & virtual)</p>	<p>23</p> <p>11:30 pm LUNCH 'N LEARN: SPARK DOCUMENTARY Viewing on Robin Williams & Lewy Body Dementia (in person & virtual)</p>	<p>24</p> <p>10:00 – 11:00 am Coffee & Canvas (in person)</p> <p>1:00 – 2:00 pm (w/ respite) Caregiver Support Group (in person & virtual)</p> <p>6:30 – 8:00 pm Art of Coping with Loss</p>	<p>25</p> <p>9:30 am Men's Coffee Club (in person & virtual)</p>
26 / 27	<p>28</p> <p>1:00 – 2:00 pm Grief Support Group (in person & virtual)</p>	<p>29</p> <p>12:00 pm FACEBOOK LIVE Preventing Dehydration in those with Dementia</p>	<p>30</p> <p>12:30 pm LUNCH 'N LEARN: Have Your Care Needs Changed? (in person & virtual)</p>	<p><i>We are excited to begin offering programs both in-person and virtually this month!!</i></p>	