

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