

Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Follow us!</i> 		1 12:30 pm LUNCH 'N LEARN: 12:30p Lunch 1p Presentation It's My Turn: Caring for Aging Parents and the Elderly (in-person & virtual)	2 10:00 – 11:00 am Coffee & Canvas (in-person)	3
4 / 5	6 HAPPY Labor DAY	7 11:30 – 1:00 pm Early & Mid Stage Group (in-person & virtual) 6:00 – 7:00 pm Caregiver Support Group (virtual)	8 12:30 pm LUNCH 'N LEARN: 12:30p Lunch 1p Presentation Debunking Myths and Misunderstandings about Grief (in-person & virtual webinar)	9 10:00 – 11:00 am Coffee & Canvas (in-person) 1:00 – 2:00 pm (w/ respite) Caregiver Support Group (in-person & virtual)	10 9:30 am Men's Coffee Club (in-person & virtual)
11 / 12	13 11:00 am – 12:00 pm Tai Chi (in-person) 1:00 – 2:00 pm Grief Support Group (in-person & virtual)	14 11:30 am – 1:00 pm Parkinson's Caregiver SG (virtual & in-person w/ respite)	15 12:30 pm LUNCH 'N LEARN: 12:30p Lunch 1p Presentation Sensitive Situations in Dementia Caregiving (in-person & virtual)	16 10:00 – 11:00 am Coffee & Canvas (in-person) 11:30 – 1:00 pm Breathe Easier Club – Lung Cancer Support Gp	17
18 / 19	20 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)	21 11:30 am – 1:00 pm Early & Mid Stage Group (in-person & virtual) 6:00 – 7:00 pm Caregiver Support Group (virtual)	22 12:30 pm LUNCH 'N LEARN: 12:30p Lunch 1p Presentation Who am I? Identity in the Midst of Caregiving (in-person & virtual)	23 10:00 – 11:00 am Coffee & Canvas (in-person) 1:00 – 2:00 pm Caregiver Support Group (virtual & in-person w/ respite) 6:30 – 8:00 pm Art of Coping with Loss	24 9:30 am Men's Coffee Club (in-person & virtual)
25 / 26	27 11:00 am – 12:00 pm Tai Chi (in-person) 1:00 – 2:00 pm Grief Support Group (in-person & virtual)	28 11:30 am – 1:00 pm Parkinson's Caregiver SG (virtual & in-person w/ respite)	29 12:30 pm LUNCH 'N LEARN: 12:30p Lunch 1p Presentation Getting Real About Self-Care. Why is Self-Care Such a Divisive Word? (in-person & virtual)	30 11:00 am FACEBOOK LIVE: Brain Games with Marti!	 MISS AN EDUCATION? Catch it on our YouTube Channel at bit.ly/LCConYouTube