

Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
30/1	2  11:00am – 1:00pm FREE Memory Screenings 11:00am – 12:00pm Yoga with Terri (in-person)	3 11:00am – 1:00pm Community Cookout & Donation Drive MIDLANDS GIVES DAY! Free hotdogs, fun games, & lots of laughs! 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual) 6:00 – 7:00 pm Caregiver Support Group (virtual)	4 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “Managing Money: A Caregiver’s Guide to Finances” (in-person & virtual)	5 10:00am – 11:00am Art With Heart (in-person) 11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual w/ respite)	6
7 / 8	 9 11:30am – 12:30pm Tai Chi (in-person) 1:00 – 2:00pm Grief Support Group (in-person & virtual)	10 10:00 – 11:00 am Drum Circle (in-person) 11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite)	11 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “Picking up the Pieces with Ashley Rollin, RN, BSN” (in-person & virtual)	12 10:00 – 11:00 am Art With Heart (in-person) 1:00 – 2:00pm Caregiver Support Group w/ respite (in-person & virtual)	13 9:30 am Men’s Coffee Club (in-person & virtual)
14 / 15	16 11:00am – 12:00pm Yoga with Terri (in-person) 1:00 – 2:00 pm MS Support Group (in-person & virtual)	17 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual) 6:00 – 7:00 pm Caregiver Support Group (virtual)	18 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “CBD for Healthy Aging” (in-person & virtual)	19 10:00 – 11:00 am Art With Heart (in-person) 11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual w/ respite)	20
21 / 22	23 11:30 am – 12:30 pm Tai Chi (in-person) 1:00 – 2:00pm Grief Support Group (in-person & virtual)	24 11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite) 4:30pm to 6:00pm Volunteer & Facilitator Appreciation Gathering (in-person)	25 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “Coach Brett- Getting Back to You” (in-person & virtual)	26 10:00 – 11:00 am Art With Heart (in-person) 1:00 – 2:00pm Caregiver Support Group w/ respite (in-person & virtual) 6:30 – 8:00pm The Art of Coping with Loss (in-person)	27 9:30 am Men’s Coffee Club (in-person & virtual)
28 / 29	30 Memorial Day CLOSED	31 Center Closing at 12pm for Staff Outing			