

# March 2018

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 Melbourne, FL 32901  
 321.434.7625  
 HF.org/aging

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
Please call 321.434.7625 to register for educational classes or if you are planning to attend a support group, art workshop or exercise class for the first time.	<b>Stroke &amp; Aneurysm Support Group</b> first Monday of every month at HRMC Auditorium 5:30 to 7 p.m. RSVP to 321.434.1752		<b>Get Stronger in 2018!</b> Stretch, Exercise, Relax and Socialize from 2 to 3 p.m. on Wednesdays at our Chair Exercise Class with Pat DeAngelis, RN.	<b>Caregiver Support Group</b> 11 a.m. Alyce Webster <b>Arts &amp; Crafts</b> 1:30 to 3:30 p.m.		
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>Pre-registration is required for our Tuesday Support Group at 10:30 a.m.</b>	<b>Caregiver to Caregiver Support Group</b> 10:30 a.m. <b>Living with Grief</b> 10:30 a.m. Karen Czarniak - Hospice of Health First Bereavement Counselor <b>Stress-Busting</b> 1 to 3 p.m.	<b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m.	<b>Warning Signs of Depression: Session 1</b> 10:30 a.m. Dr. Visa, HFAS <b>Caregiver Support Group</b> 11 a.m. Alyce Webster <b>Arts &amp; Crafts</b> 1:30 to 3:30 p.m.		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Daylight Savings Time Begins</b>		<b>Caregiver to Caregiver Support Group</b> 10:30 a.m. <b>Tuesday Lunch Bunch</b> 12 p.m. <b>Stress-Busting</b> 1 to 3 p.m.	<b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m. <b>Early Stage Support Group Living a Healthy Life with Alzheimer's Disease</b> 2 to 3:30 p.m.	<b>Caregiver Support Group</b> 11 a.m. Alyce Webster <b>Arts &amp; Crafts</b> 1:30 to 3:30 p.m.		<b>St. Patrick's Day</b> <b>Health First Caregiving for Seniors Annual Conference</b> 8:15 a.m. to 3 p.m. Hilton Melbourne Rialto Place
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
		<b>Caregiver to Caregiver Support Group</b> 10:30 a.m.	<b>Legal Considerations Before a Crisis Occurs</b> 10:30 a.m. Kurt Weiss <b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m.	<b>Caregiver Support Group</b> 11 a.m. Alyce Webster <b>Arts &amp; Crafts</b> 1:30 to 3:30 p.m.		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Palm Sunday</b>		<b>Caregiver to Caregiver Support Group</b> 10:30 a.m.	<b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m.	<b>Caregiver Support Group</b> 11 a.m. Alyce Webster <b>Arts &amp; Crafts</b> 1:30 to 3:30 p.m.	<b>Good Friday</b> <b>Passover</b>	Please visit our Library for information and resources to help you on your caregiving journey. Open Monday through Friday from 10 a.m. to 4 p.m.
		The next <b>Living Healthy Workshop</b> will begin on Thursday, April 12 and will be held on the following Thursdays: April 12, 19 and 26 and May 3, 10 and 17.			<b>Caregiving Essentials</b> will be held from 10 a.m. to noon on the following Fridays: April 6, 13, 20 and 27 and May 4, 11 and 18.	