

# November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>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.</p>		<p><b>1</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m. Early Stage Support Group Alumni 2 to 3:30 p.m.</p>	<p><b>2</b> <u>The First Steps</u> 1:30 to 3 p.m. (Class 5 of 5) Caregiver Support Group 11 a.m. Arts &amp; Crafts 1:30 to 3:30 p.m.</p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b> <b>National Alzheimer's Disease Awareness Month and Family Caregivers Month</b></p>	<p><b>6</b> Stroke &amp; Aneurysm Support Group first Monday of every month at HRMC Auditorium 5:30 to 7 p.m. RSVP to 321.434.1752</p>	<p><b>7</b> Caregiver to Caregiver Support Group 10:30 a.m. <u>Living with Grief</u> 10:30 a.m. Karen Czarniak - Hospice of Health First Bereavement Counselor</p>	<p><b>8</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.</p>	<p><b>9</b> <u>Good Times Can Roll On</u> 10:30 a.m. Carol White, Brookdale Sr. Living Caregiver Support Group 11 a.m. Arts &amp; Crafts 1:30 to 3:30 p.m.</p>	<p><b>10</b></p>	<p><b>11</b> <b>Vettrans Day</b></p>
<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b> Caregiver to Caregiver Support Group 10:30 a.m. Tuesday Lunch Bunch 12 to 2 p.m.</p>	<p><b>15</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.</p>	<p><b>16</b> <u>Veteran's Aid &amp; Attendance and Medicaid</u> 10:30 a.m. Attorney, Robin Petersen Caregiver Support Group 11 a.m. Arts &amp; Crafts 1:30 to 3:30 p.m.</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b> Caregiver to Caregiver Support Group 10:30 a.m.</p>	<p><b>22</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.</p>	<p><b>23</b> <b>THANKSGIVING</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b> Caregiver to Caregiver Support Group 10:30 a.m.</p>	<p><b>29</b> <u>Living Healthy Workshop</u> 9:30 a.m. to noon Caregiver Support 10:30 a.m. Chair Exercise 2 p.m.</p>	<p><b>30</b> Caregiver Support Group 11 a.m. Arts &amp; Crafts 1:30 to 3:30 p.m.</p>		<p><u>"Living Healthy Workshop"</u> classes will continue on Wednesdays, Wednesdays, December 6 and 13 from 9:30 to noon</p>