

# April 2018

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 HF.org/aging

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Easter Sunday</b>	2 <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	3 <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	4 <b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m.	5 <b>Caregiver Support Group</b> 11 a.m. Alyce Webster <b>Arts &amp; Crafts</b> 1:30 to 3:30	6 <b>Caregiving Essentials - Enhancing Your Physical Health (A New Class)</b> 10 a.m. to noon Pat DeAngelis, RN	7
8	9	10 <b>Caregiver to Caregiver Support Group</b> 10:30 a.m. <b>Tuesday Lunch Bunch</b> 12 to 2 p.m.	11 <b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m. Pat DeAngelis, RN <b>Early Stage Support Group Effective Communication Tips</b> 2 to 3:30 p.m.	12 <b>Diagnosis of Depression: Session 2</b> 10:30 a.m. Dr. Visa <b>Living Healthy Workshop</b> 1 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.	13 <b>Caregiving Essentials - Enhancing Skills for Better Care</b> 10 a.m. to noon Pat DeAngelis, RN	14
15	16	17 <b>Caregiver to Caregiver Support Group</b> 10:30 a.m.	18 <b>Legal Incapacity &amp; Guardianship</b> 10:30 a.m. Amanda Smith, Esq. <b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m.	19 <b>Living Healthy Workshop</b> 1 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.	20 <b>Caregiving Essentials - Enhancing Caregiver Patience for Better Communication</b> 10 a.m. to noon Pat DeAngelis, RN	21
22	23	24 <b>Caregiver to Caregiver Support Group</b> 10:30 a.m.	25 <b>Caregiver Support</b> 10:30 a.m. <b>Chair Exercise</b> 2 p.m.	26 <b>Positive Approach to Care</b> 10:30 a.m. to noon AJ Cipperly <b>Living Healthy Workshop</b> 1 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.	27 <b>Caregiving Essentials - Enhancing Responses/ Reactions to Challenging Behaviors</b> 10 a.m. to noon	28
29 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.	30		<b>Get Stronger in 2018! Stretch, Exercise, Relax and Socialize from 2 to 3 p.m. on Wednesdays at our Chair Exercise Class with Pat DeAngelis, RN.</b>	<b>Living Healthy Workshop will continue on Thursdays, May 3, 10 and 17.</b>	<b>Caregiving Essentials will continue on Fridays, May 4, 11 and 18.</b>	<b>Positive Approach to Care Series will continue on May 17 and June 21 with AJ Cipperly, who is a Teepa Snow Certified PAC Trainer.</b>