



201 St. Andrews Rd.
Columbia, SC 29210
(803) 888-7525
www.leezascareconnection.org

CENTER HOURS:
Mon - Thurs: 9A-4P
Fri: Closed

Managing Director: Marti Colucci
Program Director: Katie Sayles
Resource Specialist: Cyndi Boot
Email: info@leezascareconnection.org



| Sat/Sun | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|---|--|--|--|
| | | | | 1 10:00 – 11:00 am Art With Heart (in-person) 11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual) | 2 |
| 3 / 4 | 5 <h2 style="text-align: center;">HAPPY LABOR DAY!</h2> <p style="text-align: center;">(Center Closed)</p> | 6 NEW! 9:30-11:00 am Virtual Dementia Tour “Walk in Their Shoes” (In-person only, RSVP Required) 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual) | 7 LUNCH ‘N LEARN 12:30pLunch 1p Presentation “Value Based Care Model for Senior Primary Care” (in-person & virtual) NEW! 6:30pm-8:00pm Girl! You’ve Got This! (in-person only) | 8 10:00 – 11:00 am Art With Heart (in-person) 1:00– 2:15pm Caregiver Support Group w/ respite (in-person & virtual) | 9 9:30 am Men’s Coffee Club (in-person & virtual) |
| 10 / 11 | 12 11:30am – 12:30pm Tai Chi (in-person & virtual) 1:00– 2:00pm Grief Support Group (in-person & virtual) | 13 11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite) | 14 LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Aging Gracefully, What is Best for Your Loved Ones” (in-person & virtual) | 15 10:00 – 11:00 am Art With Heart (in-person) 11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual) | 16 |
| 17 / 18 | 19 11:30am-12:30pm Yoga with Teresa (in-person & virtual) 1:00– 2:00pm MS Support Group (in-person & virtual) | 20 10:00-11:00am Drum Circle with Cyndi (in-person only) 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual) | 21 LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Sensitive Situations, Daryl McNair” (in-person & virtual) | 22 10:00 – 11:00 am Art With Heart (in-person) 1:00– 2:15pm Caregiver Support Group w/ respite (in-person & virtual) 6:30– 8:00pm The Art of Coping with Loss (in-person) | 23 9:30 am Men’s Coffee Club (in-person & virtual) |
| 24 / 25 | 26 NEW! 9:30am – 12:00pm Senior Health Care Review (RSVP required) 11:30 am – 12:30 pm Tai Chi (in-person & virtual) 1:00– 2:00pm Grief Support Group (in-person & virtual) | 27 11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite) | 28 LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Medicare Open Enrollment Information” (in-person & virtual) | 29 10:00 – 11:00 am Art With Heart (in-person) | 30 |