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

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AUGUST 2022

Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:00am – 12:00pm Beginner Yoga (in-person & virtual) 11:00am – 1:00pm FREE Memory Screenings	2 NEW! 9:45-11:00 am Virtual Dementia Tour (RSVP Required) 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual) 6:00 – 7:00 pm Caregiver Support Group (virtual)	3 NEW! 10:15-11:30 am Virtual Dementia Tour (RSVP Required) LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “Hiring In-Home Care” (in-person & virtual)	4 10:00 – 11:00 am Art With Heart (in-person) 11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual)	5
6 / 7 FREE Event Saturday, August 6 10:00-12:30pm “Living with Parkinson’s” Marti will be speaking. <i>RSVP Required</i> (at Hilton Columbia Center)	8 11:30am – 12:30pm Tai Chi (in-person & virtual) 1:00– 2:00pm Grief Support Group (in-person & virtual)	9 NEW! 9:45-11:00 am Virtual Dementia Tour (RSVP Required) 11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite)	10 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “5 Steps to Freedom & Happiness for Caregivers” (in-person & virtual)	11 10:00 – 11:00 am Art With Heart (in-person) NEW! 11:15am-12:30 pm Virtual Dementia Tour (RSVP Required) 1:00– 2:15pm Caregiver Support Group w/ respite (in-person & virtual)	12 9:30 am Men’s Coffee Club (in-person & virtual)
13 / 14	15 11:00am – 12:00pm Beginner Yoga (in-person & virtual) 1:00–2:00 pm MS Support Group (in-person & virtual)	16 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual) 6:00 – 7:00 pm Caregiver Support Group (virtual)	17 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “Healthy Brain Habits: Reducing the Risk of Alzheimer’s” (in-person & virtual)	18 10:00 – 11:00 am Art With Heart (in-person) 11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual)	19
20 / 21	22 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)	23 11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite)	24 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “New Advances in Alzheimer’s Treatment” (in-person & virtual)	25 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) 5:00pm Coldwell Banker Fundraiser Concert at Lexington Amphitheater (All welcome! RSVP for tickets)	26 9:30 am Men’s Coffee Club (in-person & virtual)
27 / 28	29 11:00am – 12:00pm Beginner Yoga (in-person & virtual)	30	31 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation “Sensitive Situations in Dementia Caregiving” (in-person & virtual)	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