

MAY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 11:30 Chair Yoga (In-person & Virtual) MEMORY SCREENINGS RSVP Required	2 11:30 am Early and Mid Stage Support Group (in person & virtual)	3 12:30 pm Lunch and Learn Senior Resource Services 6:30 - 8 pm Girl You've Got This! (in-person only)	4 10 am Art with Heart	5	6
7	8 No Tai Chi today 1 pm Grief Support Group (in person & virtual)	9 11:30 am Parkinson's Support Group (in-person & virtual w/ respite)	10 12:30 pm Lunch and Learn more information to come	11 10 am Art with Heart 1 pm Caregiver Support Group (in person & virtual)	12 9:30 am Men's Coffee Club (in person & virtual)	13
14	15 11:30 Chair Yoga (In-person & virtual) 1 pm MS Family Support Group (in person & virtual)	16 11:30 am Early and Mid Stage Support Group (in person & virtual) 6PM- STAT Strategies, Tips & Tricks (Virtual only!)	17 12:30 pm Lunch and Learn Sensitive Situations	18 10 am Art with Heart	19	20
21	22 9:30-12 Senior Healthcare Review (call to sign up) 11:30 TaiChi (in-person) 1 pm Grief Support Group (in person & virtual)	23 11:30 am Parkinson's Support Group (in-person & virtual w/ respite)	24 12:30 pm Lunch and Learn Blue Dot Cares Long Term Care	25 10 am Art with Heart 1 pm Caregiver Support Group (in person & virtual) 6:30 pm Art of Coping w/ Loss	26 9:30 am Men's Coffee Club (in person & virtual)	27
28	29 CLOSED	30	31 12:30 pm Lunch and Learn more information to come			