

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>9am-10am-</b> Early & Mid Stage Dementia group	<b>2</b> <b>10am Virtual Education Presentation:</b> “Life Insurance, Utilizing Living Benefits and Preparing for Retirement!”  <b>11:15am-12:45pm-</b> Caregiver Connection Support Group- open to all Alzheimer's/Dementia caregivers  <b>6pm-7:30pm-</b> Caring for a Parent with Alzheimer’s or Dementia Support Group	<b>3</b> <b>12:30pm-2:00pm-</b> Courageous Heroes: Spouse Alzheimer’s/Dementia Caregiver Support Group	<b>4</b> Call us if you need resources or support! (818) 847-3686
5 / 6	<b>7</b> <b>NEW! 8:30am-9:30am</b> Yoga with Teresa  <b>NEW! 10am-11am-</b> Grief Support Group	<b>8</b> <b>9am-10am-</b> Parkinson’s Caregiver Support Group	<b>9</b> <b>10am Virtual Education Presentation:</b> “Hoping for the Best, Planning for the Rest”	<b>10</b> <b>NEW! 10am-11am</b> Caregiver Support Group  <b>12:30-2:00pm-</b> Wellness Warriors Support Group	<b>11</b> <b>NEW! 6:30am-7.30am</b> Men’s Coffee Club
12 / 13	<b>14</b> <b>10am-11am-</b> MS Support Group	<b>15</b> <b>9am-10am-</b> Early & Mid Stage Dementia group	<b>16</b> <b>10am Virtual Education Presentation:</b> “Sensitive Situations in Dementia Caregiving”  <b>11:15am-12:45pm-</b> Caregiver Connection Support Group- open to all Alzheimer's/Dementia caregivers  <b>6pm-7:30pm-</b> Caring for a Parent with Alzheimer’s or Dementia Support Group	<b>17</b> <b>NEW! 9am-10am</b> Now What? Now Me!  <b>12:30pm-2:00pm-</b> Courageous Heroes: Spouse Alzheimer’s/Dementia	<b>18</b> Call us if you need resources or support! (818) 847-3686
19/ 20	<b>21</b> <b>NEW! 8:30am-9:30am</b> Yoga with Teresa  <b>NEW! 10am-11am-</b> MS Support Group	<b>22</b> <b>9am-10am-</b> Parkinson’s Caregiver Support Group	<b>23</b>	<b>24</b> <b>12:30-2:00pm-</b> Wellness Warriors Support Group	<b>25</b>
26 / 27	<b>28</b> <b>NEW! 10am-11am-</b> Grief Support Group	<b>29</b> <b>9am-10am-</b> Parkinson’s Caregiver Support Group	<b>30</b> <b>10am Virtual Education Presentation:</b> “Medicare & Medicaid Information”		



Monday – Friday: 10:00am-4:00pm  
 Located:  
 501 S. Buena Vista St,  
 South Tower Burbank, CA 91505

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 Program Director: Justina Lewis  
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