

# MARCH 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 12:30 pm Lunch and Learn Oak Street Health- Primary Care Model 6:30 pm Girl! You've Got This!	<b>2</b> 10 am Art with Heart	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 11:30 Yoga with Theresa	<b>7</b> 11:30 am Early and Mid Stage Support Group	<b>8</b> 12:30 pm Lunch and Learn Hospice 101	<b>9</b> 10 am Art with Heart  1 pm Caregiver Support Group	<b>10</b> 9:30 am Men's Coffee Club	<b>11</b>
<b>12</b>	<b>13</b> 11:30 TaiChi (in-person)  1 pm Grief Support Group	<b>14</b> 11:30 am Parkinson's Support Group	<b>15</b> 12:30 pm Lunch and Learn Sensitive Situations	<b>16</b> 10 am Art with Heart	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 11:30 Yoga with Theresa  1 pm MS Family Support Group	<b>21</b> 11:30 am Early and Mid Stage Support Group	<b>22</b> Center Closed Senior Prom 3/23 at 7 pm	<b>23</b> 1 pm Caregiver Support Group  6 pm Art of Coping w/ Loss	<b>24</b> 9:30 am Men's Coffee Club	<b>25</b>
<b>26</b>	<b>27</b> 11:30 TaiChi (in-person)  1 pm Grief Support Group	<b>28</b> 11:30 am Parkinson's Support Group	<b>29</b> 12:30 pm Lunch and Learn Attorney General's Office: How to Avoid Fraud	<b>30</b> 10 am Art with Heart	<b>31</b>	