



Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
1/2	<p>3</p>  <p>11:00 am – 1:00 pm FREE Memory Screenings. RSVP Required</p> <p>11:30 am – 12:30 pm Yoga with Teresa (in-person & virtual)</p>	<p>4</p> <p>NEW! 9:30-11:00 am Virtual Dementia Tour “Walk in Their Shoes” (In-person only, RSVP Required)</p> <p>11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual)</p>	<p>5</p> <p>LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Brain Health & Wellness” (in-person & virtual)</p> <p>NEW! 6:30pm 8:00pm Girl! You’ve Got This! (in-person only)</p>	<p>6</p> <p>10:00am – 11:00 am Art With Heart (in-person)</p> <p>11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual)</p>	7
<p>8 / 9</p> <p>Saturday 9:00 am- 1:00 pm Soda City Market- Come see us!</p>	<p>10</p> <p>11:00 am – 12:00 pm Tai Chi (in-person)</p> <p>1:00 – 2:00 pm Grief Support Group (in-person & virtual)</p>	<p>11</p> <p>11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite)</p>	<p>12</p> <p>LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Medicare 101 with Humana” (in-person & virtual)</p>	<p>13</p> <p>10:00 – 11:00 am Art With Heart (in-person)</p> <p>1:00–2:00pm Caregiver Support Group (in-person & virtual w/ respite)</p>	<p>14</p> <p>9:30 am Men’s Coffee Club (in-person & virtual)</p>
15 / 16	<p>17</p> <p>11:30 am – 12:30 pm Yoga with Teresa (in-person & virtual)</p> <p>1:00 – 2:00 pm MS Support Group (in-person & virtual)</p>	<p>18</p> <p>10:00 am – 11:00 am Drum Circle w/ Cyndi (in-person)</p> <p>11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual)</p>	<p>19</p> <p>LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Sensitive Situations in Dementia Caregiving” (in-person & virtual)</p>	<p>20</p> <p>10:00 – 11:00 am Art With Heart (in-person)</p> <p>11.30am Lunch 12-1pm SG Now What? Now Me! (in-person & virtual)</p>	21
22 / 23	<p>24</p> <p>NEW! 9:30am – 12:00pm Senior Healthcare Review (in-person) <i>RSVP Required</i></p> <p>11:30 am – 12:30 pm Tai Chi (in-person)</p> <p>1:00 – 2:00 pm Grief Support Group (in-person & virtual)</p>	<p>25</p> <p>11.30am Lunch 12-1pm SG Parkinson’s Caregiver SG (in-person & virtual w/ respite)</p>	<p>26</p> <p>LUNCH ‘N LEARN: 12:30p Lunch 1p Presentation “Embodied Connection: Coming Back to Ourselves to Care for Others” (in-person & virtual)</p>	<p>27</p> <p>10:00 – 11:00 am Art With Heart (in-person)</p> <p>1:00–2:00pm Caregiver Support Group (in-person & virtual w/ respite)</p> <p>6:30 pm – 8:00 pm The Art of Coping with Loss (in-person)</p>	<p>28</p> <p>9:30 am Men’s Coffee Club (in-person & virtual)</p>
29 / 30	<p>31</p>  <p>Happy Halloween!</p>				