







Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1 11:30am Lunch   12-1pm SG Early & Mid Stage Group (in-person & virtual)	2 <b>NEW!</b> 6:30pm 8:00pm <b>Girl! You've Got This!</b> (in-person only)	3 10:00am – 11:00 am <b>Art With Heart</b> (in-person)   6:00p-9:00p <b>DARE2CARE Charity Gala</b> benefitting LCC	4
5 / 6	7  11:00 am – 1:00 pm <b>FREE Memory Screenings.</b> <i>RSVP Required</i>  11:30 am – 12:30 pm <b>Yoga with Teresa</b> (in-person & virtual)	8 11.30am Lunch   12-1pm SG <b>Parkinson's Caregiver SG</b> (in-person & virtual w/ respite)	9 <b>LUNCH 'N LEARN:</b> 12:30p Lunch   1p Presentation <b>"Hoping for the Best, Planning for the Rest"</b> (in-person & virtual)	10 10:00 – 11:00 am <b>Art With Heart</b> (in-person)  1:00–2:00pm <b>Caregiver Support Group</b> (in-person & virtual w/ respite)	11 9:30 am <b>Men's Coffee Club</b> (in-person & virtual)  <b>THANK YOU TO OUR VETERANS!</b>
12 / 13	14 11:00 am – 12:00 pm <b>Tai Chi (in-person)</b>  1:00 – 2:00 pm <b>Grief Support Group</b> (in-person & virtual)	15 10:00 am – 11:00 am <b>Drum Circle w/ Cyndi</b> (in-person)  11:30am Lunch   12-1pm <b>SG Early &amp; Mid Stage Group</b> (in-person & virtual)	16 <b>LUNCH 'N LEARN:</b> 12:30p Lunch   1p Presentation <b>"Sensitive Situations in Dementia Caregiving"</b> (in-person & virtual)	17 10:00 – 11:00 am <b>Art With Heart</b> (in-person)  11.30am Lunch   12-1pm SG <b>Now What? Now Me!</b> (in-person & virtual)  12:00-1:00pm <b>Breathe Easier Gathering</b>  6:30 pm – 8:00 pm <b>The Art of Coping with Loss</b> (in-person)	18
19 / 20	21 11:30 am – 12:30 pm <b>Yoga with Teresa</b> (in-person & virtual)  1:00 – 2:00 pm <b>MS Support Group</b> (in-person & virtual)	22 10:00am-2:00pm <b>Blood Drive</b> Please sign up!  11.30am Lunch   12-1pm SG <b>Parkinson's Caregiver SG</b> (in-person & virtual w/ respite)	23 12:30pm-2:00pm <b>Fall Gathering – ALL WELCOME!</b> Join us for fun, food, and thankfulness. (in-person)	24 <b>CENTER CLOSED</b> 	25 <b>CENTER CLOSED</b>
26 / 27	28 <b>NEW!</b> 9:30am – 12:00pm <b>Senior Healthcare Review</b> (in-person) <i>RSVP Required</i>  11:30 am – 12:30 pm <b>Tai Chi</b> (in-person)  1:00 – 2:00 pm <b>Grief Support Group</b> (in-person & virtual)	29 <b>GIVING TUESDAY</b> 	30 <b>LUNCH 'N LEARN:</b> 12:30p Lunch   1p Presentation <b>"Medicare &amp; Medicaid Information"</b> (in-person & virtual)		