

Sat/ Sun	Monday	Tuesday	Wednesday	Thursday	Friday
			1 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation "Extra Benefits You Can Obtain that Original Medicare Does Not Cover" (in-person & virtual) NEW! 6:30pm-8:00pm Girl! You've Got This! (in-person)	2 10:00am – 11:00 am Art With Heart (in-person)	3
4 / 5	6  11:00 am – 1:00 pm FREE Memory Screenings. <i>RSVP Required</i> 11:30 am – 12:30 pm Yoga with Teresa (in-person & virtual)	7 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual)	8 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation "Strength, Balance and Aging Gracefully" (in-person ONLY)	9 10:00am – 11:00 am Art With Heart (in-person) 1:00–2:00pm Caregiver Support Group (in-person & virtual w/ respite)	10 9:30 am Men's Coffee Club (in-person & virtual)
11 / 12	13 11:30 am – 12:30 pm Tai Chi (in-person) 1:00 – 2:00 pm Grief Support Group (in-person & virtual)	14 11:30am Lunch 12-1pm SG Parkinson's Caregiver SG (in-person & virtual w/ respite)	15 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation "Sensitive Situations in Dementia Caregiving" (in-person & virtual)	16 10:00 – 11:00 am Art With Heart (in-person)	17
18 / 19	11:30 am – 12:30 pm Yoga with Teresa (in-person & virtual) 1:00 – 2:00 pm MS Support Group (in-person & virtual)	21 9:30am-11:00am "Walk In Their Shoes" Experience (RSVP required) 11:30am Lunch 12-1pm SG Early & Mid Stage Group (in-person & virtual)	22 LUNCH 'N LEARN: 12:30p Lunch 1p Presentation "The Benefits of Pet Companionship for Seniors" (in-person & virtual)	23 10:00 – 11:00 am Art With Heart (in-person) 1:00–2:00pm Caregiver Support Group (in-person & virtual w/ respite) 6:30 pm – 8:00 pm The Art of Coping with Loss (in-person)	24 9:30 am Men's Coffee Club (in-person & virtual)
25 / 26	27 NEW! 9:30am-12pm Senior Health Care Review (in-person) <i>RSVP required</i> 11:30 am – 12:30 pm Tai Chi (in-person) 1:00 – 2:00 pm Grief Support Group (in-person & virtual)	28 11:30am Lunch 12-1pm SG Parkinson's Caregiver SG (in-person & virtual w/ respite)			