

Monday	Tuesday	Wednesday	Thursday	Friday
2 ***Schedule subject to change	3—Willie Cortez center 8-11 am	4—Week 8 of D-SBP 12-1:30 pm; Northeast Senior Center all day TC--Caregiving for Someone with Cancer 10 am	5—Walker Ranch caregiver support group 12-1:30 pm; there all day	6—Outreach table in the Bob Ross cafeteria hallway, 10:15-12:15; there all day
9—Bob Ross all day TC--Medicare Open Enrollment 12 pm	10—Willie Cortez 8-11 am Online caregiver support group 6:30-7:30 pm TC--Diagnóstico y tratamiento de la demencia 10 am	11—Week 9 of D-SBP 12-1:30 pm; Northeast Senior Center all day TC--Ask Dr. Tam Questions 1 pm	12—Online caregiver support group 10-11:30 am Spanish Healthy Living for Your Brain and Body 12-1 pm; Walker Ranch TC--Long Term Care: When is the Right Time and Who decides 10 am	13—Memory Matters Meetup @ Morgan's Wonderland 10-11:30 am 
16—Bob Ross all day	17--	18—Northeast caregiver support group 10-11:30 am; there all day	19—Outreach table, Walker Ranch 10:30-12:30 pm TC--Saying Goodbye to Someone with Alzheimer's 12 pm	20—Bob Ross 7-10:15 am TC--Combatting Compassion Fatigue with Mindfulness 11 am
23—Outreach table 10-12 pm in the Bob Ross cafeteria hallway; there all day	24—Willie Cortez 8-11 am Online caregiver support group 6:30-7:30 pm TC--How Family Members Can Cope with Sudden Caregiving 11 am	25—Outreach table 10:30-12:30 pm in the Northeast Center cafeteria; there all day	26—Am I Depressed?; Walker Ranch 12-1 pm; there all day TC--Taking off your Mask 1 pm	27—Am I Depressed? Presentation; Bob Ross cafeteria 8:30-9 am; there all day 
30--	31—Willie Cortez 8-11 am TC--Healthy Eating and the Holidays 10 am	TC series: Our Health is our Wealth: A Health Promotion Series for Caregivers 10 am each Wednesday		

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October 2023
Caring for unpaid caregivers in their journeys

CAREGIVER TELECONNECTION

TC Session
Registration
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CAREGIVER STRESS-BUSTING PROGRAMS

Morgan Zachmeyer:
Bob Ross
Willie Cortez
Walker Ranch
Northeast

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