

# April 2026

for Family Caregivers and their loved ones

Caregiver SOS at  
**Lindale Senior Center**  
 3135 Swantner Drive  
 Corpus Christi, TX 78404  
 Office: 361-826-2343

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <i>A Cup of Care Social                      Memory Café                      Lindale Sr. Center                      12 noon</i>	<b>2</b>	<b>3</b> Stress Busting Hybrid/Portland 1:00-2:30 Must be registered
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Stress Busting Hybrid/Portland 1:00-2:30 Must be registered
<b>13</b>	<b>14</b> A Time of Reflection Nestor H Praderio M.D. Lindale Sr. Center 12pm register: -361-826-2343	<b>15</b>	<b>16</b>	<b>17</b> Stress Busting Hybrid/Portland 1:00-2:30 Must be registered
<b>20</b> Alzheimer's/Dementia Support Group Lindale Sr. Center 12 noon	<b>21</b>	<b>22</b> <i>Krafty Karegivers                      Lindale Sr. Center                      12 noon</i>	<b>23</b>	<b>24</b> Stress Busting Hybrid/Portland 1:00-2:30 Must be registered
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

*A Time of Reflection  
 Nestor H Praderio M.D.  
 Lindale Sr. Center  
 3135 Swantner  
 12 noon*



Senior Community  
 Services



HELPING PEOPLE LIVE WITH ALZHEIMER'S