## Caregiver Support Group is the 4th Thursday of the month from 6:00 pm - 7:30 pm. RSVP at 216-361-6150 with Ms. Russell. Topic: Self-Care

### MONDAY
- **9:30** Breakfast
- **10:00** Reminisce Stretching / Wellness Walk
- **10:30** VOCA Music Therapy
- **10:30** Massage Therapy
- **10:30** Veterans Gathering Group (DR)
- **10:30** Art Therapy
- **11:00** Crafts (EF)
- **11:00** Let’s Get Physical

### TUESDAY
- **9:30** Breakfast
- **10:30** VOCA Grief Share (SM)
- **10:30** Art Therapy
- **10:30** Black Inventors (JK)
- **10:30** Veterans Gathering Group (DR)
- **10:30** Chi (Denise Dameron)
- **10:00** Reminisce Stretching / Wellness Walk
- **10:00** Family Feud

### WEDNESDAY
- **9:30** Breakfast
- **10:00** Reminisce Stretching / Wellness Walk
- **10:30** Art Therapy
- **10:30** Veterans Gathering Group (DR)
- **10:30** Massage Therapy
- **10:30** Let’s Get Physical
- **12:00 - 1:00 Lunch

### THURSDAY
- **9:30** Breakfast
- **10:30** Art Therapy
- **10:30** Black Inventors (JK)
- **10:30** Veterans Gathering Group (DR)
- **10:00** Reminisce Stretching / Wellness Walk

### FRIDAY
- **9:30** Breakfast
- **10:00** Reminisce Stretching / Wellness Walk
- **10:30** VOCA Music Therapy
- **10:30** Massage Therapy
- **10:00** Reminisce Stretching / Wellness Walk

### Activities on this calendar are subject to change. Any changes will be made to the appropriate calendar. **ALL TRIPS ARE WEATHER PERMITTING**