

For more information or to register please contact:
 Carolyn Leake 520-792-1450 ext. 1-6642

MAY 2024

April 29	April 30	May 1	May 2	May 3
	10am AARP: Wellness for Caregivers: Stretching and Mobility	8am AARP: Pathways to Care 9am AARP: Back to Bach 10am AARP: Seafaring Ways of the Polynesian Wayfinders 12pm AARP: Resilience Workshop	8am: VACC: Grappling with Stress 10am Caregiver Hour – All Caregivers 12:30pm CBAW: Creative Writing Workshop 4pm AARP: The 6 Pillars of Brain Health	8am Mindfulness Meditation 12pm AARP: Friday Jam
6	7	8	9	10
9am AARP: The Interconnected Human Body 10am AARP: A Mindfulness Lunch Break for Caregivers	7am CSL Education Presentation 10am AARP: Mindfulness for Caregivers 12pm AARP: Galapagos Islands	8am AARP: Alzheimer’s Roadmap 12pm AARP: Resilience Workshop 2pm AARP: American Revolution Museum Tour 4pm AARP: Beethoven	12pm AARP: Holocaust Survivor’s Story 4pm AARP: Essentials of Caregiving	8am AARP: Long-Term Care Insurance
13	14	15	16	17
1pm Caregiver Hour – All Caregivers IN PERSON!	8:30am AARP: Tips to Prevent Falls 12pm: VACC: Grappling with Stress	10am AARP: Downsizing and Decluttering 4pm CSL Education Presentation	12:30pm CBAW: Creative Writing Workshop 2pm Caregiver Hour – Caregivers of Veterans with Memory Loss	
20	21	22	23	24
5pm AARP Theater: Placido Domingo	5pm: ARC: Creating Calmness	1pm ARC: Online CG Chat 12pm CSL Education Presentation		
27	28	29	30	31
FEDERAL HOLIDAY				