

# Center for Family Caregivers

## October 2018 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>October is National Breast Cancer Awareness Month</b></p>	1	2	3 <p>Caregiver Support Group 10:30 a.m. Joyce Brang            Chair Exercise 2 p.m.            Pat DeAngelis, RN</p>	4 <p>Caregiver Support Group 11 a.m. Alyce Webster            Living Healthy Workshop 1 to 3:30 p.m.            Arts &amp; Crafts 1:30 to 3:30 p.m.</p>	5 <p>There will be no Caregiving Essentials class today.</p>	6
7	8 <p><b>Columbus Day</b></p>	9 <p>Caregiver-to-Caregiver Support Group 10:30 a.m.            First Steps 1:30 to 3:30 p.m.            Living with Grief - now called Shared Journeys - will meet at the Hospice of Health First Office First &amp; third Tuesday 2:30 to 4 p.m.</p>	10 <p>Caregiver Support Group 10:30 a.m. Joyce Brang            Chair Exercise 2 p.m.            Pat DeAngelis, RN            Melbourne Early Stage Support Group 2 to 3:30 p.m.</p>	11 <p>When to Make the Move 10:30 to noon            AJ Cipperly, National Memory Care Director, Validus Senior Living            Caregiver Support Group 11 a.m. Alyce Webster            Living Healthy Workshop 1 to 3:30 p.m.            Arts &amp; Crafts 1:30 to 3:30 p.m.</p>	12 <p>Caregiving Essentials: Part Three: Class #2            End of Life Session 1 Nearing the End of the Long Goodbye 10 a.m to noon            Pat DeAngelis, RN, Patient Educator, East Central Florida Memory Disorder Clinic</p>	13
14	15	16 <p>Caregiver-to-Caregiver Support Group 10:30 a.m.            First Steps 1:30 to 3:30 p.m.</p>	17 <p>Caregiver Support Group 10:30 a.m. Joyce Brang            Chair Exercise 2 p.m.            Pat DeAngelis, RN.</p>	18 <p>Caregiver Support Group 11 a.m. Alyce Webster            A New Painting Class for You and Your Loved One 1:30 to 3:30 p.m. Jan Bryant, Artist            Arts &amp; Crafts: Making a 2019 Calendar 1:30 to 3:30 p.m.</p>	19 <p>Caregiving Essentials: Part Three: Class #3            Music Stimulation in Patients with Dementia 10 a.m to noon            Pat DeAngelis, RN and Dawn Pufahl, Music Therapist            Hospice of Health First</p>	20
21	22	23 <p>Caregiver-to-Caregiver Support Group 10:30 a.m.            First Steps 1:30 to 3:30 p.m.</p>	24 <p>Medicaid Presentation 10:30 to noon – Kurt C. Weiss, Betten, Murphy &amp; Weiss, PA            Caregiver Support Group 10:30 a.m. Joyce Brang            Chair Exercise 2 p.m.            Pat DeAngelis, RN</p>	25 <p>Hospice Services 10:30 a.m. Dr. Ruiz            Caregiver Support Group 11 a.m. Alyce Webster            Arts &amp; Crafts 1:30 to 3:30 p.m.</p>	26 <p>Caregiving Essentials: Part 3: Class #4            End of Life Session 2: Making the Difficult Decisions for End of Life Care 10 a.m. to noon            Pat DeAngelis, RN</p>	27
28	29	30 <p>Caregiver-to-Caregiver Support Group 10:30 a.m.            First Steps 1:30 to 3:30 p.m.</p>	31 <p><b>Halloween</b>            Mindful Aging 10:30 a.m.            Dilia Polanco, MSW            Caregiver Support Group 10:30 a.m. Joyce Brang            Chair Exercise 2 p.m.            Pat DeAngelis, RN</p>	<p>Please visit our Library for information and resources to help you on your caregiving journey. Open Monday through Friday from 10 a.m. to 4 p.m.</p> <p>Please call 321.434.7625 to sign up for Class #5 of Caregiving Essentials: Personal Care Techniques, Safe Body Mechanics and Fall Prevention.</p> <p>Mark your calendar for our Day of Hope and Humor on Friday, November 30 from 9:30 a.m. to 2:15 p.m. RSVP to 321.434.7625. See Schedule of Programs for details.</p>		