



Caregiver Resource Center

September Events Calendar



www.stonehilldbq.com/caregiver-resource-center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Connections Collective 11am Yin Yoga 10:30 - 11:30	2 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	3	4 Yin Yoga 10:30 - 11:30	5
6	7 	8 Yin Yoga 10:30 - 11:30	9 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	10 Asbury Support Group 1:30 - 3:00pm	11 Yin Yoga 10:30 - 11:30	12
13	14	15 Connections Collective 11am Yin Yoga 10:30 - 11:30	16 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	17 	18 Yin Yoga 10:30 - 11:30	19 Parkinson's Support Group 10:00am
20	21	22 Yin Yoga 10:30 - 11:30	23 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	24 Asbury Support Group 1:30 - 3:00pm	25 Yin Yoga 10:30 - 11:30	26
27	28	29 Yin Yoga 10:30 - 11:30	30 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm Book Club 3 - 4 PM	31		

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Support Groups & Events

CIRCLE OF SUPPORT

A group for people living with chronic illnesses. This group meets weekly on Wednesdays and provides companionship, stimulating activities, and respite for caregivers. Location is Stonehill Health Center.

RSVP required.

YIN YOGA & ZUMBA

Yin yoga: Targets the connective tissue rather than the muscular tissues. This class will go through standing and floor exercises to work on the body's deep tissues, ligaments, joints, bones, and deep fascial networks.

ZUMBA: Fun Latin rhythms and easy to follow move will tone, sculpt, and melt away stress while leaving you feeling energized.

ASBURY SUPPORT GROUP

This support group is for caregivers and family members who are looking for a safe place to process thoughts and feelings, engage with other caregivers, share experiences to support others, and gain strength to continue providing care.

This group takes place at the Asbury Public Library on the 2nd and 4th Thursdays of the month.

CONNECTIONS COLLECTIVE

Caregivers and loved ones with dementia will meet and participate in separate groups, and then have lunch together. *This group meets on the 1st and 3rd Tuesdays of the month.* Lunch will be provided on September 1. Birds. Chicken Food Truck will be available on September 15 for individuals to purchase their lunch.

RSVP required.

PARKINSON'S SUPPORT GROUP

This group is for people living with Parkinson's Disease and their caregivers. It includes an educational component, resource sharing, connection, and support. Nutrition, exercise, physical therapy, and voice therapy are just a few topics that will be discussed.

Call 563.583.7827 for more information.

DUBUQUE SENIOR EXPO

Join us on Thursday, September 17, from 9 AM - 12 PM at the Dubuque County Fairgrounds for this free informational event! A variety of vendors will be on-site to showcase their organizations, services, and products that can help older adults live well and age well. There will be a free sack lunch and door prize drawings throughout the event.

Contact Tracy Connolly at tconnolly@stonehilldbq.com for more information.

BOOK CLUB

Join us as we discuss *My Two Elaines* by Martin Schreiber. The book club will meet 3-4 PM on Wednesday, September 30, and Wednesday, October 28. Participants are welcome to attend in person or virtually.

Receiving a complimentary copy of the book and participating in the discussion are encouraged but not required. Reading the book is a wonderful opportunity to prepare for the Caregiver Retreat in November, where Martin Schreiber will serve as the keynote speaker.

RSVP required.