



Caregiver Resource Center

October Events Calendar



[www.stonehilldbq.com/
caregiver-resource-center](http://www.stonehilldbq.com/caregiver-resource-center)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Mass with Archbishop 10:30am Yin Yoga 10:30 - 11:30	3
4	5	6 Yin Yoga 10:30 - 11:30	7 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 Circle of Support 10am - 1pm	8 Asbury Support Group 1:30 - 3:00pm	9 Yin Yoga 10:30 - 11:30	10 Windsor Park Rummage Sale 8:00- Noon Dubuque Walk to End Alzheimer's 9:00am
Active Aging Week - view schedule at www.stonehilldbq.com/activeagingweek						
11	12	13 Yin Yoga 10:30 - 11:30	14 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 Circle of Support 10am - 1pm	15	16 Yin Yoga 10:30 - 11:30	17 Parkinson's Support Group 10:00am
18	19	20 Connections Collective 11:00 am Yin Yoga 10:30 - 11:30	21 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 Circle of Support 10am - 1pm	22 Asbury Support Group 1:30 - 3:00pm Texas Roadhouse Fundraiser 4:00-8:00pm	23 Yin Yoga 10:30 - 11:30	24
25	26	27 Yin Yoga 10:30 - 11:30	28 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 Circle of Support 10am - 1pm Book Club 3 - 4 PM	29	30 Yin Yoga 10:30 - 11:30	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.

TAI CHI, YOGA & ZUMBA

Tai Chi: Use slow, continuous, gentle movements paired with deep breathing and to improve balance, strength & overall health

Yin Yoga: 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.

WALK TO END ALZ

Join Team Stonehill in walking to support Alzheimer's Awareness. The Walk will begin at the River's Edge Plaza pavillion near the River Museum.

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.

WINDSOR PARK RUMMAGE SALE

Stop by Windsor Park at 801 Davis Street to check out their rummage sale, handmade crafts, and bake sale!

Friday 10/9 1pm-5pm
Saturday 10/10 8am-Noon

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.