Stonehill COMMUNITIES

Caregiver Resource Center

November Events Calendar

www.stonehilldbq.com/caregiver-resource-center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 **Connections Collective 11:00 am** — Yin Yoga 10:30 - 11:30	4	5	6 Yin Yoga 10:30 - 11:30	7
8	9	10 **Caregiver Retreat 8:45am-1:45pm** Yin Yoga 10:30 - 11:30 NEW! **Caregiver Resource Center Parkinson's Support Group 2:30pm**	11 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 — **Circle of Support 10am - 1pm**	12 **Asbury Support Group 1:30 - 3:00pm**	13 Yin Yoga 10:30 - 11:30	14
15	16	17 **Connections Collective 11:00 am** — Yin Yoga 10:30 - 11:30	18 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 — **Circle of Support 10am - 1pm**	19	20 Yin Yoga 10:30 - 11:30	21 **Parkinson's Support Group 10:00am**
22	23 **Christmas Fair 2-4pm**	24 Yin Yoga 10:30 - 11:30	25 Tai Chi 8:00 - 9:00 Zumba 8:30 - 9:30 — **Circle of Support 10am - 1pm**	26	27 Yin Yoga 10:30 - 11:30	28
29	30					

National Family Caregiver Month

Wishing you strength, peace, and happiness this month!

Caregiver Resource Center

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.

CAREGIVER RETREAT

A day of self-care, relaxation, and connection for caregivers. This is a free event.

Learn more at www.stonehilldbq.com/caregiverretreat

RSVP required by November 2.

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.

RSVP required.

PARKINSON'S SUPPORT GROUP

This group at UnityPoint 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.

CAREGIVER RESOURCE CENTER PARKINSON'S SUPPORT GROUP

This is a new group that will meet at the Caregiver Resource Center and is for caregivers of individuals with Parkinson's.

CHRISTMAS FAIR

Enjoy some holiday shopping (or browsing!) at Stonehill. We will have a variety of vendors selling items at affordable prices as well as a bake sale and raffle.

Stonehill Health Center
Coffee Shop
November 23, 2-4pm