




January 2018

Alzheimer's Care Resource Center: Caregiver Support Group Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 New Year's Day 	2 Lake Worth Caregiver Support Group at Alzheimer's Care Resource Center 10:00am-12:00pm Call (561) 588-4545 to Register	3	4 Lake Worth Caregiver Support Group at Alzheimer's Care Resource Center 10:00am-11:00am Call (561) 588-4545 to Register	5
	8	9 Lake Worth/Telephone Alzheimer's Care Resource Center Support Group 10:00am-12:00pm Telephone Support Group 7:00pm-8:00pm	10 Palm Beach Gardens Caregiver Support Group at La Posada 3:30pm-4:30pm Call (561) 588-4545 to Register	11 Jupiter Caregiver Support Group at Jupiter Gardens Rehabilitation Center 6:00pm-7:00pm Call (561) 588-4545 to Register	12
Week 2	15	16 Boca Raton / Palm Beach Grand Villa West Support Group 3:00pm-4:00pm Bethesda by the Sea Support Group 5:30pm-6:30pm	17	18 Lake Worth/Boynton Beach Alzheimer's Care Resource Center Support Group 10:00am-11:00am Palm Isles Support Group 10:00am-11:30am	19
	22	23 Lake Worth Caregiver Support Group at Alzheimer's Care Resource Center 10:00am-12:00pm Call (561) 588-4545 to Register	24	25	26
Week 3	29	30 Lake Worth Caregiver Support Group at Alzheimer's Care Resource Center 10:00am-12:00pm Call (561) 588-4545 to Register	31	<p>(561) 588-4545 2328 10th Ave N #600, Lake Worth, FL 33461 www.alzpb.org RSVP for any support group by calling (561) 588-4545.</p>	
	Week 4	Week 5			

Lake Worth Caregiver Support Groups

Every Tuesday from **10:00am to 12:00pm** – **Alzheimer's Care Resource Center**, 2328 10th Ave N #600, Lake Worth, FL 33461
(561) 588-4545

First & Third Thursday from **10:00am to 11:00am** – **Alzheimer's Care Resource Center**, 2328 10th Ave N #600, Lake Worth, FL 33461
(561) 588-4545

Alzheimer's Telephone Support Group

Second Tuesday from **7:00pm to 8:00pm** over the **telephone**. Call (561) 588-4545 to RSVP and receive the support group call in information.

Boynton Beach Caregiver Support Group

Third Thursday from **10:00am to 11:30am** – **Palm Isle**, 9545 Palm Isles Dr, Boynton Beach, FL 33437
(561) 369-2995

Delray Beach Alzheimer's Support Group

Third Tuesday from **3:00pm to 4:00pm** – **Grand Villa West**, 5859 Heritage Park Way, Delray Beach, FL 33484
(561) 266-4652

Palm Beach Gardens Alzheimer's Support Group

Second Wednesday from **3:30pm to 4:30pm** – **La Posada**, 11900 Taylor Dr, Palm Beach Gardens, FL 33410
(561) 232-6700

Palm Beach Alzheimer's Support Group

Third Tuesday from **5:30pm to 6:30pm** – **The Church at Bethesda by the Sea**, 141 South County Rd, Palm Beach, FL 33480
(561) 655-4554

Jupiter Caregiver Support Group

Second Thursday from **6:00pm to 7:00pm** – **Jupiter Gardens Rehabilitation Center**, 17781 Thelma Ave, Jupiter, FL 33458
(561) 746-2998



January 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1 Monday Mojo for Caregivers Connect with Yourself First <i>Watch on our website</i>	2	3 Wednesday Workshop How to Tell if it's Time to Hire an In-Home Caregiver <i>Watch on our website</i>	4	5	
	8 Monday Mojo for Caregivers Stop Trying to be Perfect (You Already Are) <i>Watch on our website</i>	9	10 Wednesday Workshop Sustaining a Healthy Brain for All Ages <i>Watch on our website</i>	11 The Reef Just for Men How Important is Companionship for Seniors? <i>Watch on our website</i>	12	
Week 3	15 Monday Mojo for Caregivers 6 Ways to Create Peace of Mind <i>Watch on our website</i>	16	17 Wednesday Workshop Downsizing Tips for Aging Seniors <i>Watch on our website</i>		19 Paint for Fun™ 10:00am-12:00pm In Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>	
	22 Monday Mojo for Caregivers How Creativity Heals Us <i>Watch on our website</i>	23	24 Wednesday Workshop How to Help a Loved One who is Resistant to Home Care <i>Watch on our website</i>		26 Waves of Faith Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>	
Week 4	29 Monday Mojo for Caregivers You Are Capable of So Much! <i>Watch on our website</i>	30	31 Wednesday Workshop Chair Exercises for the Elderly <i>Watch on our website</i>		<p align="center"> (561) 588-4545 2328 10th Ave N #600, Lake Worth, FL 33461 www.AlzheimersCareResourceCenter.org RSVP for any support group by calling (561) 588-4545. </p>	