

Monday:

Weekly **Afternoon Tea** Kitchen 2:00-3:00 PM
April 1, 15 **Grief Share** 40 McDonald 6:30-8:30 PM
April 29 **Book Club** Zoom 1:00-2:30 PM

Tuesday:

Weekly **Therapy Dogs** Residence 1:45-2:45 PM
Weekly **Artful Expressions** Merkley Room 10:00-11:00 AM
April 2, 16 **Men's Group** 2nd Floor Library 12:00-1:30 PM
April 2, 16 **W.A.Y (Widowed & Young)** 40 McDonald 6:00-7:00 PM
April 9 **Cancer Support Group** 2nd Floor Library 10:30 AM-12:00 PM
April 9, 23 **Drumming** 2nd Floor Great Room 4:00-5:30 PM
April 23 **Connecting Caregivers** 2nd Floor Library 12:30-2:00 PM
April 23 **Parkinson's Disease Support Group** Merkley 1:30-3:00 PM
April 23 **Knit & Natter** 40 McDonald 1:00-2:30 PM
April 30 **Powerful Tools for Caregivers** Somerville 1:00-3:00 PM

Wednesday:

Weekly **Walking Group** 2nd Floor Library 1:00-3:00 PM
Weekly **Therapeutic Touch** Residence 2:15-4:15 PM
April 10 **Therapy Dogs** Residence 2:00-3:00 PM
April 17 **Caring for a Loved One With a Progressive Neurological Disorder** 2nd Floor Library 10:00-11:30 AM
April 24 **Living Well With Chronic Conditions** Somerville 1:30-4:00 PM

Thursday:

Weekly **Reiki** Residence/Therapy Room 11:00 AM-2:00 PM
Weekly **Meditation** 2nd Floor Library 6:30-7:30 PM
April 4 **Hope for the Best Plan for the Rest Book Club Discussion** 2nd Floor Library 10:30-12:00 PM
April 11 **Caregiver's Support Group** 2nd Floor Library 1:00-3:00 PM
April 11 **Connections** 40 McDonald 4:30-6:30 PM
April 18 **Advance Care Planning** Somerville 1:30-3:00 PM
April 25 **Living Well: Conversations about Dying** Somerville 1:30-3:00 PM

Friday:

Weekly **Friday Social Group** 2nd Floor Library 10:00 AM-12:00 PM
Weekly **Walk-In Counseling** 40 McDonald 9:00-11:00 AM
Weekly **Gentle Aroma Touch** Therapy Room/Residence 2:00-4:00 PM
April 12 **MS/Neuromotor Support Group** Somerville 1:00-2:30 PM
April 26 **Cancer Support Group** 2nd Floor Library 1:30-3:00 PM

April 2024