

February 2018 Circle Time Calendar

Circle/Program time 10:45 to 12:00

Classes and caregivers support meeting 9:30 to 10:30
Stroke survivor support group meeting 12:45 to 2:00



Wed. February 7 AFTER STROKE GROUP FIELD TRIP DODGER STADIUM

It's almost Dodger time and we're going on a Field Trip to Dodger Stadium! We will have a docent to lead us through all the ins and outs of the stadium. Everything is handicap accessible. The cost is \$25 and that includes admission, tour, bus and a Dodger Dog box lunch. The bus will board at 8:30 a.m. at the City Parking Lot, 555 E. Mt. View. We will return at approximately 3:30 p.m. GO DODGER BLUE!

NO REGULAR CLASSES or SUPPORT GROUPS TODAY



Wed. February 14 GREG GUNDERSON FROM GENTLE TRANSITIONS

Our special speaker will be GREG GUNDERSON from GENTLE TRANSITIONS. If you are thinking of moving, Greg will address key concerns you may have and help you feel energized to begin a new journey. Even if you are not planning to move, he will give you pointers on how to get organized and downsize.



Be My Valentine



It's also Valentine's Day and we will celebrate with songs and poems and stories about memorable Valentine's Days.

Stroke Support Group 12:45 to 2:00

Wed. February 2 SING FOR HEALTH, SING FOR JOY A HEALTHIER YEAR



Singing is good for your health! And your memory! And your overall feeling of happiness! Today we will be joined by KIM HOLLAND and the Monday morning class called SING FOR HEALTH, SING FOR JOY! This group of exuberant singers joined us last December for almost an hour of singing and we all felt healthier and joyous! Don't miss out. **No prescription needed!**

Stroke Support Group 12:45 to 2:00

Glendora After Stroke Program meets each Wednesday at **LaFetra Center, 333 E. Foothill Blvd. Glendora from 9 a.m. to 3 p.m.**

This is a no-fee program sponsored by **Glendora Community Services.**

Offered each week: re-learning (reading, writing and speech), current events, caregiver support, stroke support, games, music, exercise and lunch at a modest cost.

For more information call
Sonia Schupbach (626) 963-6186
Pat Kelly (626) 335-3111
Phone Day of Meeting
(626) 914-0560

Wed. February 28 KENN DUNCAN, ACOUSTIC GUITAR

Join us today as we welcome songwriter and acoustic guitar player KENN DUNCAN, who creates his own music -- soft rock, blues and country.

Blood Pressure in the a.m. Stroke Support Group 12:45 to 2:00
Celebrate February Birthdays

