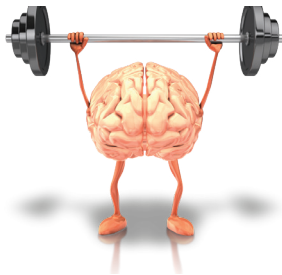


**March 2018 Circle Time Calendar**  
*Circle/Program time 10:45 to 12:00*

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



**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. March 7 ED BLOMENDAHL  
MEMORIES THAT MAKE SCENTS**

Everyone enjoys the sights and sounds of the seasons changing – leaves rustling in the wind and changing colors. Join us to have fun with your nose and learn how scents spark our memories.

**Stroke Support Group 12:45 to 2:00**

**Wed. March 14 ST. PATRICK'S DAY CHRIS HALSTED,  
ACTOR AND MUSICIAN**

Begorrah! 'Tis another St. Paddy's Day! We are happy to welcome CHRIS HALSTED back to the Center. CHRIS is a wonderful storyteller musician, and will keep us spellbound as he enchants us with stories and songs from the Auld Sod. And in the Irish tradition, he will bring various instruments—Pipes, Harp, Accordion, Banjo, and Bodhran. (Irish drum). Bring a treat to share if you can. We'll have a real Irish party! Be sure to wear green!

**Stroke Support Group 12:45 to 2:00**



**Wed. March 21 ANGIE YEH  
KEEPING YOUR BRAIN HEALTHY**

Today we welcome ANGIE YEH from Alzheimer's, Greater Los Angeles. ANGIE will present new research, nutritional tips and fun ways to challenge your brain through interactive brain games.

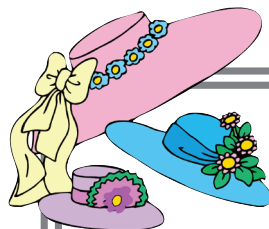
**Stroke Support Group 12:45 to 2:00**

**Wed. March 28 JENNIFER LEOS -COPING WITH STRESS  
IN A STRESSFUL WORLD**

Our world is busy and stressful and sometimes you can't get everything done. This presentation by JENNIFER LEOS of Community Care Hospice will show you techniques that can help you remain calm in this busy world.



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



The annual EASTER PARADE will be held on Wednesday, March 28. Decorate your straw hat or your baseball cap. Prizes will be awarded for the best in several categories