February 2020 GASC Calendar

Stroke survivor support group meeting 8:30 am - 9:25 am
Classes and caregivers support meeting 9:35 am - 10:30 am
Program Time 10:45 am – 12:00 pm

Wed. Feb 5 – TINA BROWNELL, Insurance Agent – BASICS OF MEDICARE
Are you getting the coverage you need? Are you getting the most out of your plan? Tina will explain how you can make sure you are getting the most out of your plan while getting the coverage you need.

Wed. Feb 12 – MEMBER SPOTLIGHT
It’s time again to find out a bit more about some of our strokers. Each week we sit at the table or in class with other stroke survivors, but we know little or nothing about our Wednesday friends. Don’t miss this opportunity to get to know each other a little better.

Let’s celebrate Valentine’s Day by bringing baked goods to share.

Wed. Feb 19 – BOB & MARIYN MUNGIA – Owners/Directors of BRAIN BOOSTERS Centers for Success
Training any brain to function at Peak Efficiency, will increase Mental Energy Reserves, improve the quality of Sleep and enhance Motivation, Performance and Endurance. Please join us to learn more about Neurofeedback.

Wed. Feb 26 – JERRY AND DEBBIE BURGAN
JERRY BURGAN is a musician, singer, songwriter, folk historian and author who first became known as a member of WE FIVE, the Grammy-nominated, 60’s folk-rock group he co-founded. Jerry still finds time for occasional performances with his wife and lead singer, DEBBIE BURGAN.

Blood Pressure in the a.m.
Celebrate February Birthdays