



# March 2010

Circle of Care Leeza's Place-CoCLP  
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| Sun | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Sat.   |
|-----|--|--|---|---|--|--|
|     | 1<br><b>10:30 am-12</b><br>Caregiver Bereavement Support Group<br><b>1:30-3:30 pm</b><br>Memory Fitness (theme: Caregivers-deserve Oscars hosted by Silverado Beverly Place) | 2<br><b>11 am-12:30 pm</b><br>Tone Up Tuesdays (Basic)<br><b>1-2 pm</b><br>Tone Up (Beg/Inter.)<br><b>2:15-4:15pm</b><br>Individuals Computer Class (RSVP)<br><b>6-7:30 pm</b><br>Caregiver Support Group/Respite  | 3<br><b>10 am-12 pm</b><br>Memory Screening   | 4<br><b>NO Early Memory Loss Support Group</b><br>Early Memory Loss Support Group.<br><br><b>6:30-8 pm</b><br>Improving Memory and Brain Health (UCLA 50+ Healthcare program)   | 5<br><b>10 am-12 pm</b><br>Autobiographical Scrapbooking<br><br><b>11 am-12:30 pm</b><br>Powerful Tools for Caregivers (class full)  | 6  |
| 7   | 8<br><b>1:30-3:30 pm</b><br>Memory Fitness   | 9<br><b>11 am-12:30 pm</b><br>Tone Up Tuesdays (Basic)<br><b>1-2 pm</b><br>Tone Up (Beg/Inter.)<br><br><b>2:15-4:15pm</b><br>Individuals Computer Class (RSVP)   | 10<br><b>10:30 am-12 pm</b><br>Caregiver Support Group/Respite<br><br><b>12-1:30 pm</b><br>Lunch N' Learn" Beyond T.V.: Enhancing the in home experience  | 11<br><b>10:30 am-12 pm</b><br>Early Memory Loss Support Group<br><b>1-2:30 pm</b> Parkinson's & Movement Disorder Support Group<br><b>4-5 pm</b><br>Caregiver Grief<br><b>6:15-7:45 pm</b><br>Caregiver Support Group. | 12<br><b>10 am-12 pm</b><br>Autobiographical Scrapbooking<br><br><b>11 am-12:30 pm</b><br>Powerful Tools for Caregivers (class full) | 13<br><b>Alzheimer's Association Caregiver Wellness Day (@ CSUN)</b> |
| 14  | 15<br><b>10:30 am-12 pm</b><br>Caregiver Bereavement Support Group<br><br><b>1:30-3:30 pm</b><br>Memory Fitness  | 16<br><b>11 am-12:30 pm</b><br>Tone Up Tuesdays (Basic)<br><b>1-2 pm</b><br>Tone Up (Beg/Inter.)<br><b>2:15-4:15pm</b><br>Individuals Computer Class (RSVP)<br><b>6-7:30 pm</b><br>Caregiver Support Group/Respite | 17<br><b>10:30 am-12 pm</b><br>Caregiver Support Group/Respite (1xmonth)  | 18<br><b>10:30 am-12 pm</b><br>Early Memory Loss Support Group  | 19<br><b>10 am-12 pm</b><br>Autobiographical Scrapbooking<br><br><b>11 am-12:30 pm</b><br>Powerful Tools for Caregivers (class full) | 20   |
| 21  | 22<br><b>1:30-3:30 pm</b><br>Memory Fitness  | 23<br><b>11 am-12:30 pm</b><br>Tone Up Tuesdays (Basic)<br><b>1-2 pm</b><br>Tone Up (Beg/Inter.)<br><b>2:15-4:15pm</b><br>Individuals Computer Class (RSVP)  | 24<br><b>10:30 am-12 pm</b><br>Caregiver Support Group/Respite<br><b>12-1:30 pm</b><br>Lunch N'Learn-Understanding Medicare (UCLA 50+ Healthcare Program) | 25<br><b>10:30 am-12 pm</b><br>Early Memory Loss Support Group<br><b>1-2:30 pm</b> Parkinson's & Movement Disorder Support Group<br><b>6:15-7:45 pm</b><br>Caregiver Support Group.                                     | 26<br><b>10 am-12 pm</b><br>Autobiographical Scrapbooking  | 27   |
| 28  | 29<br><b>1:30-3:30 pm</b><br>Memory Fitness  | 30<br><b>11 am-12:30 pm</b><br>Tone Up Tuesdays (Basic)<br><b>1-2 pm</b><br>Tone Up (Beg/Inter.)<br><b>6:30-8:30pm</b><br>Families w/adult children with developmental disabilities support group.                 | 31  | April 1<br><b>10:30 am-12 pm</b><br>Early Memory Loss Support Group   | April 2<br><b>10 am-12 pm</b><br>Autobiographical Scrapbooking   | 3  |