

October 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ■ Live Piano 10:00 - 11:30 a.m. ■ Ask an Ethicist: How to make difficult decisions – In-person 3:00 - 3:30 p.m.	2	3	4 ■ Caregiver Chat: Peer connect - In-person 10:00 – 11:00 a.m.	5 ■ Taking Care of Yourself While You Care for Others 3:00 – 4:00 p.m.
6 ■ Caregiver Chat 10:00 to 11:00 a.m.	7 ■ Healthy Sleep Habits – Helping You Get a Good Night’s Sleep 11:00 – 12:00 p.m.	8 ■ Live Piano 10:00 - 11:30 a.m. ■ Caregiver: Stress and Burnout 12:00 – 1:00 p.m.	9 ■ Tech Time: Learn to use your device - In-person 2:00 – 3:00 p.m.	10	11 ■ WoodGreen: End of the life planning – In-person 10:00 – 11:30 a.m.	12 ■ The Many Faces of Grief: A Mental Health Conversation for Caregivers 3:00 – 4:00 p.m.
13 ■ Caregiver Chat 10:00 - 11:00 a.m.	14 ■ Cultivating Mindfulness for Well-being Among Caregivers 11:00 – 12:00 p.m.	15 ■ Live Piano 10:00 - 11:30 a.m.	16 ■ Tech Time: Learn to use your device - In-person 2:00 – 3:00 p.m.	17	18 ■ Caregiver Chat: Peer connect - In-person 10:00 – 11:00 a.m.	19 ■ Caregiver Skills Getting Smart Technology to Work for You 3:00 – 4:00 p.m.
20 ■ Caregiver Chat 10:00 – 11:00 a.m.	21 ■ Tools for Better Transitions Between Hospital and Home 11:00 – 12:00 p.m.	22 ■ Live Piano 10:00 - 11:30 a.m. ■ Caregiver: Empathic Strain 12:00 – 1:00 p.m.	23 ■ Tech Time: Learn to use your device – In-person 2:00 – 3:00 p.m.	24	25 ■ Caregiver Chat – Peer connect – In-person 10:00 – 11:00 a.m.	26 ■ Discover the Healing Power of Journal Writing 3:00 – 4:00 p.m.
27 ■ Caregiver Chat 10:00 – 11:00 a.m.	28 ■ Make Your Voice Heard: Tips for Effective Caregiver Communication 11:00 – 12:00 p.m.	29 ■ Live Piano 10:00 - 11:30 a.m. ■ Caregiver: Balancing Work and Care 12:00 – 1:00 p.m.	30 ■ Infection Prevention and Control: Keeping safe – In-person 1:00 - 1:30 p.m. ■ Tech Time: Learn to use your device – In-person 2:00 – 3:00 p.m.	31 ■ Ask an Ethicist: Am I the Right Decision Maker? – In-person 11:00 - 11:45 a.m.	Legend ■ Webinar ■ Community partner ■ Education ■ Caregiver support ■ Skill building	

