



Caregiver Resource Center

July Events Calendar



www.stonehilldbq.com/caregiverresourcecenter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	2	3 Yin Yoga 10:30 - 11:30	4 4TH OF July
5	6	7 Connections Collective 11am Yin Yoga 10:30 - 11:30	8 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	9 Asbury Support Group 1:30 - 3:00pm	10 Yin Yoga 10:30 - 11:30	11
12	13	14 Yin Yoga 10:30 - 11:30	15 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	16	17 Yin Yoga 10:30 - 11:30	18 Parkinson's Support Group 10:00am
19	20	21 Connections Collective 11am Yin Yoga 10:30 - 11:30	22 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	23 Asbury Support Group 1:30 - 3:00pm	24 Yin Yoga 10:30 - 11:30	25
26	27	28 Yin Yoga 10:30 - 11:30	29 ZUMBA 8:30 - 9:30 Circle of Support 10am - 1pm	30	31 Yin Yoga 10:30 - 11:30	

Caregiver Resource Center Support Groups & Events

CIRCLE OF SUPPORT

A group for people living with chronic illnesses. This group meets weekly on Wednesdays and provides companionship, stimulating activities, and respite for caregivers. Location is Stonehill Health Center.

RSVP required.

YIN YOGA & ZUMBA

Yin yoga: Targets the connective tissue rather than the muscular tissues. This class will go through standing and floor exercises to work on the body's deep tissues, ligaments, joints, bones, and deep fascial networks.

ZUMBA: Fun Latin rhythms and easy to follow move will tone, sculpt, and melt away stress while leaving you feeling energized.

ASBURY SUPPORT GROUP

This support group is for caregivers and family members who are looking for a safe place to process thoughts and feelings, engage with other caregivers, share experiences to support others, and gain strength to continue providing care.

This group takes place at the Asbury Public Library on the 2nd and 4th Thursdays of the month.

CONNECTIONS COLLECTIVE

Caregivers and loved ones with dementia will meet and participate in separate groups, and then have lunch together. *This group meets on the 1st and 3rd Tuesdays of the month.*

Lunch will be provided on July 7. Birds. Chicken

Food Truck will be available on July 21 for individuals to purchase their lunch.

Hospice of Dubuque will join us on July 21 to discuss palliative care and hospice services, including when these services may be appropriate and how they can support individuals and families throughout the care journeys.

 **Palliative Care**
Consulting by Hospice of Dubuque

RSVP required.

PARKINSON'S SUPPORT GROUP

This group meets at Finley Hospital's Woodward Auditorium on the 3rd Saturday of the month and is for people living with Parkinson's Disease and their caregivers. It includes an educational component, resource sharing, connection, and support. Nutrition, exercise, physical therapy, and voice therapy are just a few topics that will be discussed.

Call 563.583.7827 for more information.

RSVP at : caregivercenter@stonehilldbq.com