

### **Alzheimer's Association Caregiver Support Group**

**3rd Thursday of Each Month at 10:30 am:**

Designed to provide emotional, educational, and social support for caregivers of those with Alzheimer's disease through regularly scheduled meetings.

### **Dementia and Alzheimer's Educational Series**

**3rd Thursday of Each Month at Noon:**

Registration required for this series offering education on a variety of topics related to dementia and Alzheimer's disease, presented by local vendors. Light lunch provided. Please register by the Monday prior to class at **979-731-6129** by providing your name, number of attendees, and a valid phone number.

### **Caring for the Caregiver Support Group**

**1st Thursday of each month at 11:30 am – 1:00 pm:**

Designed to provide emotional, educational, and social support for those caring for a loved one.

### **Live Well, MatureWell**

#### *Coffee with the Doc*

**3rd Monday of Every Other Month at 9 am:**

Our Board-Certified Physicians present and facilitate discussion on pertinent health topics for those age 55 and older.

#### **Good to Know Series:**

Offered quarterly, this series covers a variety of topics pertinent to aging well and will leave you saying, "good to know!"

### **Age Well, MatureWell**

#### *Computer Club*

**2nd Wednesday at 10 am and 1st & 3rd Tuesday at 1 pm each month:**

Education on a variety of electronic and computer topics. Feel free to bring your computer, phone, or other device.

#### *Medicare 101*

**4th Monday of Each Month at 10 am:** Hear certified benefits counselors discuss information and answer questions related to Medicare and advantage plans.

### **Eat Well, MatureWell**

#### *Healthy Eating*

**2nd Wednesday of Each Month at Noon:**

The MatureWell dietitian will present and facilitate discussion on pertinent dietary topics.

#### *Healthy Cooking*

**1st Wednesday of Each Month at 9:30 am & 3rd Wednesday of Each month at 5:45 pm:**

Take your culinary skills to the next level as you learn to cook heart-healthy meals.

### **Interact Well, MatureWell**

#### *Game Day*

**2nd Monday of Each Month at 10 am:**

Connect with others as you enjoy playing games together. Bring whatever games you would like to play. Bring snacks if you wish.

**Be Well, Active for Life Courses** — These self-management courses, offered in partnership with Texas A&M's Center for Population Health & Aging, facilitates the implementation and expansion of evidence – based health & wellness workshops that empower adults to actively manage their health conditions. Call us for more information on courses offered: Diabetes, Chronic Disease, Chronic Pain, A Matter of Balance, and Stress-Busting for Family Caregivers.

*\* Days may vary due to holidays or scheduling. Verify class dates / times at [mbuenger@st-joseph.org](mailto:mbuenger@st-joseph.org) or club members — join the "Maturewell Lifestyle Club" Facebook group.*

S	M	T	W	T	F	S
				1 11:30AM Caring for the Caregiver – Caregivers only	2	3
4	5	6 1PM Computer Club: What is This Cloud Thing Anyway	7 9:30AM Healthy Cooking: Using Frozen Foods	8 10AM Bingo Noon National Zucchini Day Social	9	10
11	12 10AM Game Day	13	14 10AM Computer Club: Class Led Discussion	15 10:30AM Alzheimer's Association Caregiver Support Group – Caregivers only Noon Dementia Educ Series: Nutrition for your Brain! – Reg Required	16	17
18	19 9AM Coffee with the Doc: Diabetes awareness 11AM Healthy Eating: Food Label Reading	20 10AM A Matter of Balance Be Well – Reg Required 1PM Computer Club: Amazon.com – Prime & Shopping Online	21	22	23 10AM Chronic Pain Be Well, Active for Life Course – Reg Required	24
25	26 10AM Medicare 101	27	28	29	30	31

S	M	T	W	T	F	S
1	2 Labor Day – MatureWell Closed	3 1PM Computer Club: Getting the most out of Google Searches	4 9:30AM Healthy Cooking: Choosing Healthy Carbohydrates	5 11:30AM Caring for the Caregiver – <i>Caregivers only</i>	6	7
8	9 10AM Game Day	10	11 10AM Computer Club: Class Led Discussion	12 <del>10AM</del> Bingo <i>Cancelled</i>	13	14
15	16 11AM Healthy Eating: Food Safety	17 1PM Computer Club: Taking Photos- Tips & Photo Management	18 10AM-NOON Good to Know – So, What’s Normal Aging Event, <i>registration preferred</i> NOON Veggie Spotlight: National Guacamole Day! 5:45PM Healthy Cooking: Choosing Healthy Carbohydrates	19 10:30AM Alzheimer’s Association Caregiver Support Group – <i>Caregivers only</i> NOON Dementia Educ Series: Understanding and Responding to Dementia-Related Behavior – <i>Reg Required</i>	20 Noon National Punch Day Social	21
22	23 National Checkers Day – In Lobby 10AM Medicare 101	24	25	26 10:30AM Special Presentation: Osteoporosis Prevention & Reversal	27	28
29	30					

S	M	T	W	T	F	S
		<b>1</b> 1PM Computer Club: Introduction to Cyber Security	<b>2</b> 9:30AM Healthy Cooking: Using Fall Produce	<b>3</b> 11:30AM Caring for the Caregiver – <i>Caregivers only</i>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> 1-4:30PM Special Event: Disaster Preparedness course <i>Reg Required</i>	<b>8</b>	<b>9</b> 10AM Computer Club: Class Led Discussion <b>Noon</b> Healthy Eating: Choose This, Limit That!	<b>10</b>	<b>11</b> 10AM Stress-Busting Be Well, Active for Life Course <i>Reg Required</i>	<b>12</b>
<b>13</b>	<b>14</b> 10AM Game Day 1PM Chronic Disease Be Well, Active for Life Course <i>Reg Required</i>	<b>15</b> 1PM Computer Club: Computer Backup	<b>16</b> 10AM–12:30PM Special Event: Celebrating the Decades Through Automobiles! <b>Noon</b> Veggie Spotlight: National Pasta Day – Squash! 5:45PM Healthy Cooking: Using Fall Produce	<b>17</b> 10:30AM Alzheimer’s Association Caregiver Support Group – <i>Caregivers only</i> <b>Noon</b> Dementia/Alzheimer’s Educational Series: Levels of Care	<b>18</b> 10AM Stress-Busting Be Well, Active for Life Course <i>Reg Required</i>	<b>19</b>
<b>20</b>	<b>21</b> 10AM Chronic Disease Be Well, Active for Life Course <i>Reg Required</i>	<b>22</b> 10AM <i>Special Event: Caring for the Caregiver, Simple Self-Care Activities &amp; Services to Help You Be Your Best</i> <i>Reg Required</i>	<b>23</b> 11:30AM MatureWell Member Potluck	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 10AM Medicare 101	<b>29</b> 1PM Special Event: Traveling Safer & More Fun! <i>Reg Required</i>	<b>30</b>	<b>31</b>		

S	M	T	W	T	F	S
					1	2
3	4	5 1PM Computer Club: Navigating an Online World Safely	6 9:30AM Healthy Cooking: Reinventing Stuffing	7 11:30AM Caring for the Caregiver – <i>Caregivers only</i>	8	9
10	11	12	13	14	15	16
	<p><b>Nat'l Button Day Nov 16th! Button Guessing Game: main lobby</b></p>					
	10AM Game Day		10AM Computer Club: Class-Led Discussion Noon Healthy Eating: Healthy Cooking Tips Noon Veggie Spotlight: National Pickle Day – Cucumber!			
17	18	19 1PM Computer Club: Apple Smart Phones, Part 1	20 10AM Good to Know Series – Mindful Holidays – <i>Reg Required</i> 5:45PM Healthy Cooking: Reinventing Stuffing	21 10:30AM Alzheimer's Association Caregiver Support Group – <i>Caregivers only</i> Noon Dementia/Alzheimer's Educational Series: Tips to Relieve Stress for Caregivers	22	23
24	25 10AM Medicare 101	26	27	28	29	30

S	M	T	W	T	F	S
1	2	3 1PM Computer Club: What is this "Cloud" Thing Anyway?	4 9:30AM Healthy Cooking: Using Leftover Turkey	5 11:30AM Caring for the Caregiver – <i>Caregivers only</i>	6	7
8	9 10AM Game Day	10	11 10AM Computer Club: Class Led Discussion 11:30AM Christmas Member Potluck Noon Healthy Eating: Don't Waste Food!	12	13	14
15	16	17 1PM Computer Club: Apple Smart Phones, Part 2	18 5:45PM Healthy Cooking: Using Leftover Turkey	19 10:30AM Alzheimer's Association Caregiver Support Group – <i>Caregivers only</i> Noon Dementia/Alzheimer's Educational Series: 5 minutes with Dementia	20	21
22	23	24	25	26	27	28
29	30	31				