



May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
3	4 Caregiver Talking Points 10:30am @Brigham Community Center	5 CINCO DE MAYO Stress-Busting 101 1pm @Cache County Senior Center Good Grief Support Group 11am@Cache County Senior Center	6 Love&Clarity; Planning the Next Chapter with Aging Parents 6pm @Logan Library Segó Lily Conference room	7 	8 	9 	
10 	11 	12 Stress-Busting 101 1pm @Cache County Senior Center	13 Navigating your Aging Journey 6pm @Logan Library Segó Lily Conference room	14	15 	16 Black & White Days Parade 5pm Richmond, UT	
17 						18 Caregiver Talking Points 10:30am @Brigham Community Center Medicare Minute at Lunch	
19 Stress-Busting 101 1pm @Cache County Senior Center		20 Caregiver Talking Points 10am @Cache County Senior Center Medicare Minute at Lunch		21 Caregiver Talking Points 2:30pm @Bear River Valley Senior Center, Tremonton Brigham City Health Fair 10am-2pm @Brigham City Community Center		22 	23
24 		25 Stress-Busting 101 1pm @Cache County Senior Center		26 Caregiver Support Group 3pm @The Worx, 2nd Floor EVERY Wednesday		27 	28
29 		30 		31 			

Black & White Days; Richmond City Livestock Show and Fair

5 Caregiver Talking Points
2:30pm @Bear River Valley Senior Center, Tremonton
Brigham City Health Fair
10am-2pm @Brigham City Community Center

May 11th thru May 16th.....!