



A P R I L



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ALL PROGRAMS TAKE PLACE @
41 MAIN STREET IN KENNEBUNK
UNLESS OTHERWISE STATED



1 **CAREGIVER
LOSS & GRIEF
GROUP**
W/ ELIZABETH
1 PM - 2:30 PM

2

3 **CHAIR YOGA
FOR FAMILY
CAREGIVERS**
1 PM - 2 PM

4

5

6

7

8 **LUNCH:
AMATO SUBS**
12 PM-1:30 PM

9

10 **CAREGIVER
SUPPORT
GROUP**
1 PM-2:30 PM

11 **CAREGIVER
SUPPORT GROUP**
11:30 AM - 1 PM

12

13

14

15

16

17 **CHAIR YOGA
FOR FAMILY
CAREGIVERS**
1 PM - 2 PM

18 **CAREGIVER
SUPPORT GROUP**
W/ ELIZABETH
1 PM-2:30 PM

19

20

21

22

23 **MUSIC
WITH
MICHELLE**
1 PM - 2 PM

24 **Q&A** W/SUSAN
RAYCHARD
**FOR
CAREGIVERS** 1 PM-2:30 PM

25

26

27

28

29 **CAREGIVER
SUPPORT GROUP**
1 PM-2:30 PM

30 **LUNCH:
PIZZA**
12 PM-1:30 PM

ALL PROGRAMS & CONSULTATIONS ARE FREE OF CHARGE!

PLEASE SIGN UP WITH MARIE VIA EMAIL AT MARIE@APLACETOSTARTFORDEMENTIA.ORG

OR CALL THE OFFICE @ 207-502-7238

