
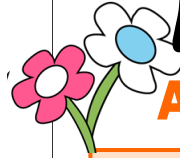


Sun	Mon	Tues	Wed
			
4	5	<p>6 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In-person or Zoom)</p> <p>Gentle Yoga (1 of 4) DeWolf Innovation Center 10 to 10:45 a.m. (In-person) </p> <p>Register by Aug. 5</p>	7 Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)
11	12	13 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In-person or Zoom) <p>Gentle Yoga (2 of 4) DeWolf Innovation Center 10 to 10:45 a.m. (In-person) Register by Aug. 12</p> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p> 	14 Medicaid Q & A Downtown-901 Building 10 to 11:30 a.m. (In-person or Zoom) Register by Aug. 9 <p>Memory Café DeWolf Innovation Center 1 to 3 p.m. (In-person) Register by Aug. 6</p>
18	19	20 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In-person or Zoom) <p>Gentle Yoga (3 of 4) DeWolf Innovation Center 10 to 10:45 a.m. (In-person) Register by Aug. 19</p>	21 Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)
25	26	27 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In-person or Zoom) <p>Gentle Yoga (4 of 4) DeWolf Innovation Center 10 to 10:45 a.m. (In-person) Register by Aug. 26</p> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)</p>	28 Memory Café DeWolf Innovation Center 1 to 3 p.m. (In-person) Register by Aug. 21

Thu	Fri	Sat
1	2	3
 <p>8</p> <p>Together In Song Meet & Greet DeWolf Innovation Center 10 to 11:30 a.m. (In-person) Register by Aug. 1</p> <p>The Great Challenges of Caregiving (8 of 10) Registration Closed</p> <p>The Good Time Social DeWolf Innovation Center 2 to 3:30 p.m. (In-person)</p>	9	10
<p>15</p> <p>The Great Challenges of Caregiving (9 of 10) Registration Closed</p> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In-person) Register by Aug. 7</p>	16	17
<p>22</p> <p>The Great Challenges of Caregiving (10 of 10) Registration Closed</p>	23	24
29	30	31

Centered Events

August 2024



Events are offered in TWO locations!

Look for the location listed under each event – **GREEN** for events at the **DeWolf Innovation Center** & **ORANGE** for events at the **Downtown -901 Building**.

The Family Caregivers Center is a resource for family caregivers offering a variety of events, including education sessions and support groups. The calendar lists opportunities for both caregivers and the people for whom they care. See the back for event descriptions, location of event and if registration is required to attend.

Events are offered both in person and via Zoom. Check the event description for details of how an event is offered. Zoom links can be found under each event description on the back.

If you have questions about an event, want to register, or would like to receive weekly emails with event reminders and Zoom links, contact the Family Caregivers Center at:



(319) 221-8866
 fcgc@mercycare.org
Downtown- 901 Building
 901 8th Ave. SE
 Cedar Rapids, IA 52401

DeWolf Innovation Center
 9000 C Ave. NE
 Cedar Rapids, IA 52402
familycaregiverscenter.org

Medicaid Q & A
Wednesday, Aug. 14
10 to 11:30 a.m.
(In-person or Zoom)



Downtown-901 Building

Iowa Legal Aid Attorney Lisa Gavin and Iowa Department of Health and Human Services Representative Lori Gibson will share Medicaid basics and answer questions. **Register by Aug. 9.**

To join via Zoom: [Click Here](#) or call (888) 788-0099
 Meeting ID: 881 0730 6771
 Passcode: 685449

Memory Café
Second & Fourth Wednesday
1 to 3 p.m.
(In-person only)

DeWolf Innovation Center

A Memory Café is a welcoming place for individuals living with various forms of dementia and their care partners. Join Center volunteers Sam McCord and Susie Winkowski in discussions about a variety of topics as well as education and activities. Find support and exchange information with others who understand.

Registration is required by:
August 6 for Memory Café on August 14
August 21 for Memory Café on August 28



Men's Caregiver Coffee
Tuesdays
Early Morning Group – 8 to 9:30 a.m.
Late Morning Group – 10 to 11:30 a.m.
(In-person & Zoom)

DeWolf Innovation Center

Groups for male caregivers to share their story, learn caregiving tips and network with others. Facilitated by Center volunteers Tom Brennom, Rob Cook, John Rogers, Craig Wood and Mercy Hospice Social Worker Brian Miller. No registration required. **We welcome you to join either group at the time most convenient to you.**

To join via Zoom: [Click Here](#) or call (888) 788-0099
 Meeting ID: 871 1618 4852
 Passcode: 811909
(Zoom link can be used to join both groups.)

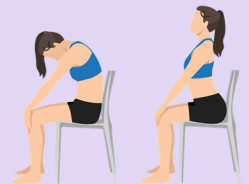
Gentle Yoga
Tuesday, Aug. 6, 13, 20 & 27
10 to 10:45 a.m.
(In-person only)



DeWolf Innovation Center

Join us for a series of four yoga classes to improve flexibility, strength, balance and mindfulness. You will participate in gentle movement, using a chair to support seated and standing poses. No yoga experience or special clothing needed. Classes will be led by Diane Wiesenfled, certified yoga instructor for adults and seniors. Both family caregivers and care receivers are invited. **Register for all session or an individual session. Maximum of 10 participants per session.**

Register by:
 Aug. 5 for the Aug. 6 session
 Aug. 12 for the Aug. 13 session
 Aug. 19 for the Aug. 20 session
 Aug. 26 for the Aug. 27 session



The Good Time Social
Second Thursday
2 to 3:30 p.m.

(In-person only)
DeWolf Innovation Center

All former caregivers, current caregivers and those whom they are caring for are invited to gather and spend time with friends you already know or to make new connections. Play a game or find a spot to visit. Refreshments will be provided. **No registration required.**



Conversations for Couples
Third Thursday
5 to 6:30 p.m.

(In-person)
DeWolf Innovation Center

A monthly group for couples with one partner living with dementia to socialize, share and connect with other couples. A light meal will be served. **Registration required by August 7.**

& Events

Together In Song Meet and Greet
Thursday, Aug. 8
10 to 11:30 a.m.

(In-person)

DeWolf Innovation Center



We invite all to come learn about the Together in Song Chorus! Come meet returning members and hear about the Fall 2024 program to see if joining might be for you. Enjoy light refreshments as we join together in song! **Register by August 1.**



Wednesday Afternoon Caregiver Coffee
First & Third Wednesday
1:30 to 3 p.m.

(In-person & Zoom)

DeWolf Innovation Center

A group for all caregivers who are providing support to share their story, as well as listen and learn as they connect with others. **No registration required.**

To join via Zoom: [Click Here](#) or call (888) 788-0099
Meeting ID: 853 4860 0074
Passcode: 655337

Women's Caregiver Coffee
Second & Fourth Tuesday
1:30 to 3 p.m.

(In-person & Zoom)

DeWolf Innovation Center

A support group for female caregivers. Share your story, network with other female caregivers and learn caregiving tips. **No registration required.**

To join via Zoom: [Click Here](#) or call (888) 788-0099
Meeting ID: 849 0144 0732
Passcode: 424684

Family Caregivers Center Events

To register for an event:

Call the Center at (319) 221-8866 or email fcgc@mercycares.org. Each event description lists if registration is required.

Caregiving assistance:

Caregiving assistance is available at the event location for caregivers interested in attending an event. Please contact the Center at least 48 hours in advance to request assistance.

How do I use Zoom:

To participate in an event via Zoom, you can call in by phone or use your desktop, tablet or smart phone app.

Joining by Video:

From your email, click on "Click Here" for the event you want to attend.

Go to <https://zoom.us/> and click on "Join A Meeting". Enter the Meeting ID and passcode.

Joining by Phone:

Dial #1 (888) 788-0099 and enter the meeting ID and passcode when prompted.

If you have questions about how to join a group or event using Zoom, please contact the Center.

Closed Registrations:

Great Challenges of Caregiving

Thursdays, Jun. 6 to Aug. 22 (no meetings Jul. 4 & Aug. 1) from 1 to 2:30 p.m.

Memoir Writing

Thursdays, Jun. 13 & 27, Jul. 11 & 25, Aug. 22 from 10 a.m. to noon

Downtown Road Construction

Construction continues around our downtown location (901 8th AVE SE). The City of Cedar Rapids is working on improvements to 8th Avenue SE including installing a new roundabout on the corner of 8th Avenue SE and 10th Street SE. Detour routes will be posted for 10th Street SE and 9th Avenue SE.

