

# Clement Manor

Sponsored by:



## MOMENTS TO EMBRACE

**PROGRAM SCHEDULE**  
**FRIDAYS 1:00 - 2:30 PM**



### CAREGIVER TRACK:

- **April 10** - Caregiving Support Group
- **April 17** - Ice Breaker and Mixer
- **April 24** - Positive Affirmations & Relaxation Techniques
- **May 1** - Breathwork and Creating a Spiritual Space
- **May 8** - Refilling your Vessel, taking care of yourself
- **May 15** - Living with Dementia, a live simulation and discussion
- **May 22** - What you need to know about Senior Living Communities
- **May 29** - Making Greeting Cards
- **June 5** - Wellness Empowerment for Healing
- **June 12** - Sit & Fit and Tai Chi
- **June 19** - Card Making Class part 2
- **June 26** - Color Creations

### LOVED ONE TRACK:

- **April 10** - Brain Food and Nutrition
- **April 17** - Breathwork and Art
- **April 24** - Creative Storytelling
- **May 1** - Music Therapy
- **May 8** - Art Project
- **May 15** - Spiritual Care
- **May 22** - Cooking Class
- **May 29** - Creative Creations with Baking and Movement
- **June 5** - Bingo and Corn Hole
- **June 12** - Music and Memories
- **June 19** - Tai Chi and Stroll
- **June 26** - Fun Game and Final Party

Clement Manor | 9405 W. Howard  
Ave. | Greenfield

To sign up for any or all tracks, call  
414-546-7984 or at  
[clementmanor.com/moments](http://clementmanor.com/moments)

\*We will provide qualified care partners to do the cares for your loved ones for each program.

Caregivers must register for simultaneous tracks for themselves and loved ones.

**Spaces are limited per for all tracks**