

August 2021 Vitality Calendar Virtual Programs



Keeping Memory Alive

Monday, August 3 at 10:00am
Mind Games

Laughter Yoga*

Thursday, August 5 at 6:00pm and August 19 at 11:00am

<https://us02web.zoom.us/j/7873878902?pwd=UUdNdXBqUS9GYXh1L3pTTmNXZ25lUT09>

Meeting ID: 787 387 8902 Passcode: NewYork

Breakfast Club

Thursday, August 12 at 9:00am
Medical Management for Memory Care

Osteoporosis

Thursday, August 12 at 10:30am
Dr. Hellerman

Alzheimer's Caregivers Support Group*

Friday, August 13 and 27 at 10:00am
Registration is required for meeting information

Holistic Pain Management

Wednesday, August 18 at 9:00am
Sleep Hygiene

Parkinson's Support Group

Tuesday, August 24 at 2:30pm

Bereavement Support Group

Individual Counseling: 914-223-1164

Important Information:

Please check your e-mails for links to the zoom sessions. Except when noted by an asterisk *, the meeting ID is 575 366 7554 and the password is Vitality.

For more information,
please contact Ellen Woods
at (914) 366-3937 or email
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