September

Monday	Tuesday	Wednesday	Thursday	Friday	This Months Info
Parkville Living Center 819 Main Street, Parkville, MO 816-741-6824 https://parkvillelivingcenter.org				**1** Closed	**Town Hall Forum:** Join us Wednesday, September 20th for our Local Leadership Town Hall Forum. Hear from County and City Leadership.
4 7:30am-2pm: Coffee Time 1-2:30pm: Grief & Loss Group	**5** 7:30am-2pm: Coffee Time 10am-noon: Tech Connect	**6** 7:30am-2pm: Coffee Time 10-noon: Garden Group	**7** 7:30am-2pm: Coffee Time 9am: Guided Meditation 10am: Tech Connect	**8** Closed	
11 7:30am-2pm: Coffee Time 1-2:30pm: Grief & Loss Group	**12** 7:30am-2pm: Coffee Time 10am-noon: Tech Connect	**13** 7:30am-2pm: Coffee Time 10-noon: Garden Group	**14** 7:30am-2pm: Coffee Time 9am: Guided Meditation 10am: Tech Connect	**15** Closed	**Garden Group:** Come out Wednesdays from 10 to noon each week for a Garden Group. We will share and learn about gardening together!
18 7:30am-2pm: Coffee Time 1-2:30pm: Grief & Loss Group	**19** 7:30am-2pm: Coffee Time 10am-noon: Tech Connect	**20** 7:30am-2pm: Coffee Time 10-noon: Garden Group 6:30-8pm: Town Hall Forum	**21** 7:30am-2pm: Coffee 9am: Guided Meditation 10am: Tech Connect 10:30-noon: Communications Workshop	**22** 6-8pm: Break Time!	**Guided Meditation:** Join us Thursdays at 9am for a peaceful time of guided meditation tailored to our participants needs.
25 7:30am-2pm: Coffee Time 1-2:30pm: Grief & Loss Group	**26** 7:30am-2pm: Coffee Time 10am-noon: Tech Connect	**27** 7:30am-2pm: Coffee Time 10-noon: Garden Group	**28** 7:30am-2pm: Coffee Time 9am: Guided Meditation 10am: Tech Connect	**29** 6:30: Trivia Night	

PARKVILLE LIVING CENTER PROGRAM GUIDE

Break Time!

Everyone needs a break every once and a while, and the Parkville Living Center wants to give you that break. Come out and enjoy a free and family friendly community meal. We have spaces to play games, have conversation, or just relax.

Townhall Forum

We bring in speakers to talk about local services, organizations, and civic engagement on a quarterly basis to not only present, but engage with our community. Join us for an engaging and local topic during our quarterly Town Hall Forums.

Tech Connect

Do you have questions about your phone, tablet, or computer? Do you need help understanding social media or a smart watch? Come down to the Parkville Living Center every Tuesday from 10am to noon and get some help in a group style environment.

Coffee Time

We are open Monday thru Thursday, from 7:30am to 2pm. We always have a hot pot of Parkville Coffee and comfy chairs. Make yourself at home and enjoy come time to yourself or meet up with others at the Parkville Living Center's Coffee Time.

Garden Group

Come to share, and come to learn, as we grow a garden group in downtown Parkville! All are welcome. Our Wonderful instructor, Myriam Totta from Raising Gardens, will be here Wednesdays 10am to noon to facilitate this group and share her wisdom.

Holistic Hour

Join us for an hour (and a half) of reflexology and guided meditation led by Pat Cole. Pat Cole is an RN and Certified Integrative Reflexologist. Come learn how to apply reflexology practices to yourself and spend some time in peaceful meditation.

Pet Power

Share your fur baby with others! We connect folks in situations where they can't have their pets with them, like senior living facilities and shelters. We register volunteers and sites, and connect them! Everyone could use a little unconditional pet love!

Money Talk

Need budget coaching or just someone to talk to about your finances? We have volunteers who journey along side you as you learn more about and navigate personal finances.

AND MORE!

We invite you to learn more about the various programs we have. Stop by between 7:30am and 2pm, Monday through Thursday.

More info at ParkvilleLivingCenter.org - 819 Main St, Parkville, MO (South Building Entrance)