

# April

Monday	Tuesday	Wednesday	Thursday	Friday	This Months Info
<b>1</b> 7:30am-2pm: Coffee Time 1pm: Music Makers	<b>2</b>  <b>Closed for Election Day</b>	<b>3</b> 7:30am-2pm: Coffee Time 1-2:30pm: Grief Group	<b>4</b> 7:30am-2pm: Coffee Time 10am: Tech Connect	<b>5</b> Closed	<b>Tech Connect:</b> Got tech questions? We have answers! Join us for specific topics or general tech classes.  <b>Holistic Hour:</b> Now on the 2nd & 4th Thursdays at 9am for self care education and guided meditation tailored to you.  <b>Garden Group:</b> Every 2nd & 4th Wednesday of the month, 10 to noon. Go from the garden to the table with others.  <b>Career Workshop:</b> This month join us for another segment in our Career Workshop Series - Job Search. This month we focus on how and where to find that perfect job!
<b>8</b>  <b>Eclipse Day!</b> 7:30am-2pm: Coffee Time	<b>9</b> 7:30am: Coffee Time 12:30-2pm: Tech Connect 6:30pm: Pet Power Orientation	<b>10</b> 7:30am-2pm: Coffee Time 10am: Garden Group 1-2:30pm: Grief Group	<b>11</b> 7:30am: Coffee Time 9am: Holistic Hour 10am: Tech Connect 10:30am: Career Workshop	<b>12</b> Closed	
<b>15</b> 7:30am-2pm: Coffee Time 1pm: Music Makers	<b>16</b> 7:30am-2pm: Coffee Time 12:30-2pm: Tech Connect	<b>17</b> 7:30am-2pm: Coffee Time 1-2:30pm: Grief Group	<b>18</b> 7:30am-2pm: Coffee Time 10am: Tech Connect	<b>19</b> Closed	
<b>22</b> 7:30am-2pm: Coffee Time 1pm: Music Makers	<b>23</b> 7:30am-2pm: Coffee Time 12:30-2pm: Tech Connect	<b>24</b> 7:30am-2pm: Coffee Time 10am: Garden Group 1-2:30pm: Grief Group	<b>25</b> 7:30am-2pm: Coffee Time 9am: Holistic Hour 10am: Tech Connect	<b>26</b> 6-8pm: Break Time! Community Meal	
<b>29</b> 7:30am-2pm: Coffee Time 1pm: Music Makers	<b>30</b> 7:30am-2pm: Coffee Time 12:30-2pm: Tech Connect	<b>“What you do makes a difference, and you have to decide what kind of difference you want to make.”</b> - Jane Goodall		Parkville Living Center 816-741-6824 ParkvilleLivingCenter.org	



# 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? Join us every Tuesday at 10am and Thursday at noon and get some help and education 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 learn, as we grow a garden group! All are welcome. Our instructor, Myriam Totta from Raising Gardens, is here the Second and Fourth Wednesday of each month from 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, RN and Certified Integrative Reflexologist. Come learn how to apply reflexology practices to yourself and spend some time in peaceful meditation. 2nd and 4th Thursdays.

## Pet Power

Our Pet Power program brings volunteers and their trained pets to senior living facilities and other places where people could use some unconditional pet love. Check out our website to learn how you can experience the joy of making hearts full and tails wag!

## 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](http://ParkvilleLivingCenter.org) - 819 Main St, Parkville, MO (South Building Entrance)