



**NEIGHBORHOOD** Self Help by Older Persons Project  
 Helping Older Adults Help Themselves

**Click on the event titles in the calendar squares to register for virtual workshops with Zoom. After registering you will receive a confirmation email with information about joining the meeting.**

**Feb. 1st at 1:00 PM**

***In-Person "Advanced Directives" Workshop***  
 SHOPP Caregivers Program in Partnership with MJHS Hospice and Palliative Care

**Location Site:** Lafayette Estates NORC Program  
 825 Morrison Avenue, Bronx, NY 10473

**Feb. 6th at 2:00 PM**

***Virtual "New Advances In Alzheimer's Treatment" Workshop***

SHOPP Caregivers Program in Partnership with Alzheimer's Association NYC Chapter

**Feb. 8th at 11:00 AM**

***In-Person "Heart Health" Workshop***

SHOPP Caregivers Program in Partnership with AgeWell New York

**Location Site:** JASA Bartow Older Adult Center  
 2049 Bartow Ave, Bronx NY 10475

**Feb. 9th at 2:00 PM**

***Virtual "Brainteaser: Caregiver Game of Concentrations" Workshop***

SHOPP Caregivers Program in Partnership

**Feb. 15th at 1:00 PM**

***Virtual "Coping Tips for Elderly Caregivers" Workshop***

SHOPP Caregivers Program in Partnership with Sunnyside Community Services' CARE NYC

**Feb. 22nd at 1:00 PM**

***In-Person "Advanced Directives" Workshop***

SHOcPP Caregivers Program in Partnership with MJHS Hospice and Palliative Care

**Location Site:** Soundview Social Club Older Adult Center  
 1674 Seward Avenue, Bronx, NY 10473

**Feb. 27th at 2:00 PM**

***Virtual "Medicare Workshop" Workshop***

SHOPP Caregivers Program in Partnership with Health Insurance Information Counseling & Assistance Program (HIICAP)

**Click on the event titles in the calendar squares to register with Zoom!!!**

# FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <a href="#">Advanced Directives at 1:00 PM</a>	2	2	4
5	6 <a href="#">New Advances In Alzheimer's Treatment at 2:00 PM</a>	7	8	9 <a href="#">Brainteaser: Caregiver Game of Concentrations at 2:00 PM</a>	10	11
12	13	14	15 <a href="#">Coping Tips for Elderly Caregivers at 1:00 PM</a>	16	17	18
19	20	21	22 <a href="#">Advanced Directives at 1:00 PM</a>	23	24	25
26	27 <a href="#">Medicare Workshop at 2:00 PM</a>	28				