



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.

September 13th at 3:00 PM

Alzheimer's Disease Hispanics/Latinos
 SHOPP Caregivers Program in Partnership with Alzheimer's Disease Hispanics/Latinos

September 16th at 3:00 PM

Talking with Your Family about Memory Loss
 SHOPP Caregivers Program in Partnership with Sunnyside Community Services, Inc.

September 18th at 3:00 PM

Medicine Safety and Falls Prevention
 SHOPP Caregivers Program in Partnership with NYC Poison Center

September 25th at 1:00 PM

(In-Person) Grandparent's Day Indoor Picnic
 SHOPP Caregivers Program in Partnership with JASA

September 26th at 1:00 PM

(Hybrid) Healthy Eating Meal Prep Demo
 SHOPP Caregivers Program in Partnership with Oak Street Health

September 27th at 3:00 PM

Safety Strategies for Persons with Memory Loss
 SHOPP Caregivers Program in Partnership with Sunnyside Community Services, Inc.

September 28th at 3:00 PM

Self-Care Chair Zumba
 SHOPP Caregivers Program in Partnership with Oak Street Health

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

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13 <i>Alzheimer's Disease Hispanics/Latinos</i>	14
15	16 <i>Talking with Your Family about Memory Loss</i>	17	18 <i>Medicine Safety and Falls Prevention</i>	19	20	21
22	23	24	25 <i>(In-Person) Grandparent's Day Indoor Picnic</i>	26 <i>(In-Person) Healthy Eating Meal Prep Demo</i>	27 <i>Safety Strategies for Persons with Memory Loss</i>	28
29	30 <i>Self-Care Chair Zumba</i>					