



Are you caring for someone over 60?

You are invited to attend an open discussion
about Elder Caregiving.

1st Monday of Each Month

6:00 – 7:15 pm

Holy Trinity Parish Center Conf. Rm.

1 St. Marie's Lane

Cohoes, NY 12047

Refreshments provided.

3rd Thursday of Each Month

12:00-1:15 pm

St. John's & St. Joseph's Parish House

50 Herrick Street

Rensselaer, NY 12144

Refreshments provided.

2nd Wednesday of Each Month

6:00 – 7:15 pm

Christ the King Church

20 Sumter Avenue (Guilderland)

Albany, NY 12203

Refreshments provided.

4th Tuesday of Each Month

6:00 – 7:15 pm

East Greenbush Community Library

10 Community Way

East Greenbush, NY 12061

Refreshments provided.

RSVP to Christine Damon at 449-2001 ext. 120

Or ChristineD@ccalbany.org

*This program is provided by Catholic Charities Caregivers Support Services
and is sponsored by the Albany County Department for Aging, Rensselaer County Unified
Family Services, the New York State Office for the Aging, and The Administration on Aging.*

♥Caregivers welcome all persons regardless of race, creed, or lifestyle♥

♥ REMEMBER TO CARE FOR YOURSELF WHILE CARING FOR A LOVED ONE ♥