

JAMES L. BRULTE SENIOR CENTER
JULY 2025 PROGRAMS & SERVICES

Workshops

Coffee & Conversations

**FOR
AGES
50+**

Brunch & Bingo with Alpha Care

Tuesday, July 8th

11:00 a.m. - 12:00 p.m.

Join Alpha Care Medical Group for a fun-filled brunch & bingo event with **free** brunch bites and a chance to win prizes! Learn how your medical group and health insurance plan work together to support your health care needs. Discover how Alpha Care can help you achieve your health goals.

Eat Well, Feel Well, Live

Well Education + Support Workshop

Friday, July 11th

11:00 a.m. - 12:30 p.m.

Join Nutrified 4 life Academy for The Eat Well, Feel Well, Live Well Nutrition Education and Support Workshop. This workshop is designed to empower individuals to make healthy food choices. In this workshop Greta Sonnier will be continuing her conversation on vitamins.

Bereavement Support Group

Hosted By Calstro Hospice

Thursday, July 17th

1:00 p.m. - 2:30 p.m.

Join Calstro Hospice's grief support group for seniors coping with loss. Led by compassionate professionals, each 90-minute session offers a safe space for sharing, healing, and connecting through guided discussions, emotional support, and helpful resources.

The 3 Rules to Money & How It Works

Financial Education Workshop Hosted by Envision United

Wednesday, July 16th & Saturday, July 26th

11:00 a.m. - 12:30 p.m.

Join Envision United for an informative and engaging financial education workshop covering the 3 Rules to Money and how to apply them to everyday life! Get guidance on reaching your financial goals, plus valuable tax advice for seniors and families with children. Don't miss this chance to gain the tools and confidence to build your financial future!

