

# **COMMUNITY CAREGIVERS' LUNCHTIME CHAT SCHEDULE:**

**December 2023**

All are welcome! Please dial-in to hear about interesting topics – it's free and easy to join!

Simply call 518-992-6661. Or let us know if you want us to dial you in!

<b>Friday, Dec. 1</b>	<b>1 pm</b>	<b>Topic: Signing the Antarctic Treaty</b>
<b>Tuesday, Dec. 5</b>	<b>1 pm</b>	<b>Topic: Repealing Prohibition</b>
<b>Friday, Dec. 8</b>	<b>1 pm</b>	<b>Topic: The Murder of John Lennon</b>
<b>Tuesday, Dec. 12</b>	<b>1 pm</b>	<b>Topic: The Life and Music of Frank Sinatra</b>
<b>Friday, Dec. 15</b>	<b>1 pm</b>	<b>Topic: The Origin of Our Favorite Holiday Traditions</b>
<b>Tuesday, Dec. 19</b>	<b>1 pm</b>	<b>Topic: Nutrition and Cardiovascular Health Speaker: Naziba Nuha, Albany Medical College Student</b>
<b>Friday, Dec. 22</b>	<b>1 pm</b>	<b>Topic: Winter Safety and Health Tips Speaker: Anuja Konda, Albany Medical College Student</b>
<b>Tuesday, Dec. 26</b>	<b>1 pm</b>	<b>Topic: The History and Traditions of Boxing Day!</b>
<b>Friday, Dec. 29</b>	<b>1pm</b>	<b>Topic: Welcoming the New Year!</b>

Community Caregivers is a non-profit agency supported by community donations and grants from The Albany County Department for Aging, the NYS Department of Health and Office for the Aging & the U.S. Administration on Aging.



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