

# Bereavement Events

## Memory Activity Group

Join this social arts & crafts group to showcase your memories!

Create a unique craft during each meeting that honors the memories of your loved one.

No artistic ability required!

Held bi-monthly on the 4th Thursday from 1-3pm



### Schedule:

Next: August 25th  
*My Favorite Things:*  
a scrapbook/journal activity

October 27

December 22

Cost: \$5/session to cover expense of materials.



## Through Grief I Found...

Join Hospice of DC each month for a grief-focused mini-topic.

Held on the 1st Friday each month from 1-2pm

### Schedule:

July 1  
August 5  
September 2  
October 7  
November 4  
December 2

## Weekend Outings Club

Hospice of DC understands that weekends are often the loneliest for those whose loved one has died and we want to help!

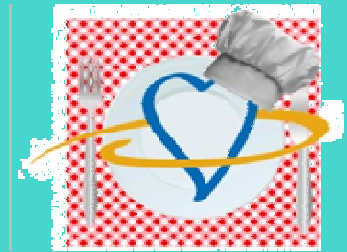
HODC welcomes those with the *Weekend Blues* to join us for a fun, social outing in the community each month.

Call for information on the location for each month's outing. Meets offsite.

### Schedule:

July 9  
August 5  
September 24  
October 22  
November 19  
December 17

Outings will be low-cost or no-cost to participants.



## Cooking for One

This group is for those who struggle with mealtime after the loss of a loved one.

Cooking for One is both educational & social and will target overcoming eating alone, how to prepare a meal for one, nutrition guidelines, fun recipes, eating out again, and new mealtime rituals.

Held: bi-monthly on the 4th Thursday from 12-1:30pm

### Schedule:

July 28  
September 22  
November 10

All events held at Hospice of DC Administrative Building (unless otherwise noted) on Hwy 64 East at 200 Hospice Way, Lexington.

**Advanced Registration Required. Call 474.2082 for registration & questions.**