



ALZHEIMER'S  ASSOCIATION®

VIRTUAL AND IN-PERSON SUPPORT GROUPS

CENTRAL AND WESTERN
VIRGINIA CHAPTER

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Please note that some groups are in person and some are held virtually. **Registration is REQUIRED** for support groups. Please call our 24/7 Helpline at **800.272.3900** to register and receive login information for virtual meetings.

VIRTUAL MEETINGS

2nd Tuesday | 2 p.m.
Rasperry Hill Adult Daytime Center
Hosted by: Tara and Anne

2nd & 4th Thursday | 7 p.m.
Millennial/Young Caregiver Support Group
Hosted by: Kayla and Vinay

2nd Friday | 1 p.m.
A virtual group for those living with
Alzheimer's.
Hosted by: Karen
Please call 800.272.3900 to be screened,
registered and receive log-in instructions

IN-PERSON MEETINGS

*To participate in an in-person meeting, please call
800.272.3900 prior to the meeting day to register.*

2nd Tuesday | 1 p.m.
Heritage Green Assisted Living
201 Lillian Lane, Lynchburg
Hosted by: Clarissa

2nd Tuesday | 1:30 p.m.
Adult Day Center of Roanoke Valley
2321 Roanoke Blvd., Salem
Hosted by: Pam

3rd Tuesday | 9:30 a.m.
The Center at Belvedere
540 Belvedere Boulevard, Charlottesville
Hosted by: Sheri

3rd Tuesday | Noon
Vesta Community Center
149 Community Lane, Vesta
Hosted by: Stephanie

4th Tuesday | Noon
Memory Café (Dementia education and support)
The Landmark, 227 Landmark Drive, Stuart
Hosted by: Stephanie and Carol

4th Tuesday | 3 p.m.
King's Grant Retirement Community
(4th Floor Conf.)
350 Kings Way Rd., Martinsville
Hosted by: Tammy and Lori

Please note:

- Tuesday, Oct. 22 | 1:30-2:30 p.m.

1st Wednesday | 9 a.m.
Generations Crossing Adult Care
3765 Taylor Spring Ln, Rockingham
Hosted by: Sharon

2nd Tuesday | 6 p.m.
Harmony
4423 Pheasant Ridge Rd., Roanoke
Hosted by: Heather

2nd Wednesday | Noon
Southern Area Agency on Aging
204 Cleveland Ave., Martinsville
Hosted by: Stephanie

2nd Wednesday | 1:30 p.m.
The Summit Independent Living Community
1400 Enterprise Dr. Lynchburg
Hosted by: Lisa

2nd Wednesday | 5 p.m.
12425 Village Loop
Culpeper, VA
1st Floor Activity Room
Hosted by: Ashley

2nd Thursday | 11 a.m.
Richfield Living Town Center (respite available)
3730 Richfield Lane, Salem
Hosted by: Karen and Linda

2nd Thursday | 1 p.m.
Summit Square Retirement Community
501 Oak Ave, Waynesboro
In the solarium on the 3rd floor

3rd Thursday | 2 p.m.
Fairmont Crossing
173 Brockman Park Drive, Amherst
Hosted by: Heather
***This group will start in October*

3rd Thursday | 3 p.m.
Carilion Clinic Center on Healthy Aging
4434 Electric Rd.
Roanoke, VA
First-floor group room
Hosted by Amy and Tara
Respite is available for caregivers for the duration of the meeting. Please call 540.527.4800 if you have additional questions about respite.

1st Friday | 10:30 a.m.
Community Mennonite Church of
Harrisonburg
70 S High Street
Harrisonburg, VA 22801
Hosted by: Heather

3rd Saturday | 10 a.m.
Crozet Library
2020 Library Avenue, Crozet
Hosted by: Tanya