

SUN	MON	TUE	WED	THU	FRI	SAT
29 Connect with people living with dementia and their caregivers to share answers, opinions, ideas and support at ALZConnected.org	30	31	1	2 Support Group at First United Methodist Church Conroe @ 9:30 AM Virtual Early Stage Support Group @ 10:00 AM Support Group at N. Montgomery County Community Center @ 11:30 AM Virtual Caregiver Support Group @ 5:30 PM Younger Onset Support Group at Gathering Place Main Office @ 6:00 PM	3 Support Group at First Christian Church in Alvin @ Noon	4
5 Get the tools you need to tackle dementia at training.alz.org	6 Support Group at St. Martins Episcopal Church: The Hope & Healing @ 3:00 PM	7 Virtual Men's Caregiver Support Group @ 1:30 PM Support Group at Brookdale Cypress Station @ 4:30 PM Healthy Living Crestmont Park Civic Alliance @ 6:30 PM Support Group at Good Shepherd United Methodist @ 7:00 PM	8 Caregiver Support Group at Memorial Drive United Methodist Church @ 1:00 PM	9 Virtual Support Group at Christ Church Cathedral @ 11:30 AM Support Group at The Waterford at Baytown @ 6:30 PM Managing Money at St. Johns UMC Support Group @ 7:00 PM	10 Hybrid Caregiver Connection Support Group - Galveston @ Noon	11
12 Join a Walk to End Alzheimer's planning committee and help your community raise funds and awareness for Alzheimer's disease. Contact alztexwalk@alz.org to learn more!	13	14 Caregiver Support Group FUMC - Missouri City @ 11:00 AM Amazing Place Caregiver Support Group @ Noon Houston Younger Onset Support Group @ 6:00 PM	15 Healthy Living at R.C. Miller Library, Beaumont @ 1:00 PM League City Caregiver Support Group @ 2:00 PM	16 Virtual Early Stage Support Group @ 10:00 AM Alzheimer's Awareness at Braeswood Assembly Of God @ 10:00 AM Support Group at R.C. Miller Library, Beaumont @ 1:30 PM	17	18 Support Group at Wheeler Avenue Baptist Church @ 10:00 AM Introduction to Alzheimer's & 10 Warning Signs at Fort Bend County Libraries @ 10:30 AM
19 Create a personal plan to navigate Alzheimer's disease at alznavigator.org	20 Support Group at St. Martins Episcopal Church: The Hope & Healing @ 3:00 PM	21 Men's Caregiver Support Group at St. Luke's UMC @ 1:30 PM Virtual Caregiver Support Group - The Woodlands @ 7:00 PM	22	23	24 Virtual Caregiver Connection Support Group - Galveston @ Noon	25
26 Interested in getting more involved? Let us know at bit.ly/alz-vol	27	28 Caregiver Support Group FUMC - Missouri City @ 11:00 AM SHSU Student Summit on Alzheimer's @ 6:00 PM Spanish Support Group at Memorial Drive Presbyterian Church @ 7:00 PM	29	30 Managing Money at El Franco Lee Community Center @ 9:40 AM	31	1