

SUN	MON	TUE	WED	THU	FRI	SAT
23 Connect with people living with dementia and their caregivers to share answers, opinions, ideas and support at ALZConnected.org	24	25 <u>Caregiver Support Group FUMC - Missouri City</u> @ 11:00 AM - <u>Spanish Support Group at Memorial Drive Presbyterian Church</u> @ 7:00 PM	26	27	28 <u>Virtual Caregiver Connection Support Group - Galveston</u> @ Noon	1
2 Get the tools you need to tackle dementia at training.alz.org	3 Support Group at St. Martins Episcopal Church: The Hope & Healing @ 3:00 PM	4 Virtual Men's Caregiver Support Group @ 1:30 PM - <u>Support Group at Brookdale Cypress Station</u> @ 4:30 PM - <u>Support Group at Good Shepherd United Methodist</u> @ 7:00 PM	5	6 <u>Support Group at First United Methodist Church Conroe</u> @ 9:30 AM - <u>Support Group at N. Montgomery County Community Center</u> @ 11:30 AM - <u>Virtual Caregiver Support Group</u> @ 5:30 PM - <u>Younger Onset Support Group at Gathering Place Main Office</u> @ 6:00 PM - <u>Caregiver Support Group at St. Johns UMC</u> @ 7:00 PM	7 <u>Support Group at First Christian Church in Alvin</u> @ Noon	8
9 Join a <u>Walk to End Alzheimer's</u> planning committee and help your community raise funds and awareness for Alzheimer's disease. Contact alztexwalk@alz.org to learn more!	10 Looking Together - Early Stage Social Engagement @ 11:00 AM Call 800-272-3900 for more information, pre-screening & registration.	11 <u>Caregiver Support Group FUMC - Missouri City</u> @ 11:00 AM - <u>Amazing Place Caregiver Support Group</u> @ Noon - <u>Supporting Independence VA Virtual Caregiver Education Session</u> @ Noon - <u>Houston Younger Onset Support Group</u> @ 6:00 PM	12 <u>Caregiver Support Group at Memorial Drive United Methodist Church</u> @ 1:00 PM	13 <u>10 Warning Signs at CAP of Pearland</u> @ Noon - <u>Support Group at The Waterford at Baytown</u> @ 6:30 PM	14 <u>Hybrid Caregiver Connection Support Group - Galveston</u> @ Noon	15 <u>Support Group at Wheeler Avenue Baptist Church</u> @ 10:00 AM
16 Create a personal plan to navigate Alzheimer's disease at alznavigator.org	17 <u>Building Foundations of Caregiving at Katy Fussell Senior Center</u> @ Noon - <u>Support Group at St. Martins Episcopal Church: The Hope & Healing</u> @ 3:00 PM	18 <u>Men's Caregiver Support Group at St. Luke's UMC</u> @ 1:30 PM - <u>Understanding Alzheimer's & Dementia at Fonteno SEC</u> @ 1:30 PM - <u>Virtual Caregiver Support Group - The Woodlands</u> @ 7:00 PM	19 Wild Together! Early Stage Social Engagement @ 10:30 AM Call 800-272-3900 for more information & pre-screening - <u>Responding to Dementia Related Behavior at R.C. Miller Library Beaumont</u> @ Noon - <u>League City Caregiver Support Group</u> @ 2:00 PM	20 <u>10 Warning Signs at the YMCA of Greater Houston</u> @ Noon - <u>Support Group at R.C. Miller Library Beaumont</u> @ 1:30 PM	21	22
23	24 <u>Building Foundations of Caregiving WHAM & AARP Houston</u> @ 11:00 AM	25 <u>Caregiver Support Group FUMC - Missouri City</u> @ 11:00 AM - <u>Hybrid Spanish Caregiver Support Group at Memorial Drive Presbyterian Church</u> @ 7:00 PM	26	27	28 <u>Virtual Caregiver Connection Support Group - Galveston</u> @ Noon	29
30	31					