

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Connect with people living with dementia and their caregivers to share answers, opinions, ideas and support at <a href="http://ALZConnected.org">ALZConnected.org</a>	<b>2</b> <u>Support Group at St. Martins Episcopal Church: The Hope &amp; Healing</u> @ 3:00 PM	<b>3</b> <u>Understanding Alzheimer's for Veterans</u> @ 11:00 AM - Support Group at Brookdale Cypress Station @ 4:30 PM - Support Group at Good Shepherd United Methodist @ 7:00 PM	<b>4</b> Spanish Support Group at St. Anne's @ 6:30 PM	<b>5</b> N. Montgomery County Community Support Group @ 11:30 AM - <u>Virtual Caregiver Support Group</u> @ 5:30 PM - Gathering Place Younger Onset Support Group @ 6:00 PM	<b>6</b>	<b>7</b>
<b>8</b> Get the tools you need to tackle dementia at <a href="http://training.alz.org">training.alz.org</a>	<b>9</b> <u>African American Community Forum at Sunnyside Health &amp; Multi-Service Center</u> @ 10:00 AM - <u>Caregiver Support Group at the Fifth Ward Multi-Service Center</u> @ 6:00 PM	<b>10</b> <u>Houston Younger Onset Support Group</u> @ 6:00 PM	<b>11</b> <u>Dementia Conversations at Fonteno Senior Education Center</u> @ 10:00 AM - <u>Caregiver Support Group at Memorial Drive United Methodist Church</u> @ 1:00 PM	<b>12</b> Virtual Support Group at Christ Church Cathedral @ 11:30 AM - <u>Support Group at The Waterford at Baytown</u> @ 6:30 PM	<b>13</b> <u>Galveston Caregiver Connection Hybrid Support Group</u> @ Noon	<b>14</b>
<b>15</b> Alzheimer's isn't stopping. Neither are we. Fundraising for the <u>Walk to End Alzheimer's</u> continues through Dec. 31.	<b>16</b> <u>Support Group at St. Martins Episcopal Church: The Hope &amp; Healing.</u> @ 3:00 PM	<b>17</b>	<b>18</b> <u>Dementia Conversations at R.C. Miller Public Library.</u> @ 1:00 PM - <u>League City Caregiver Support Group at Cottages of Clear Lake</u> @ 2:00 PM	<b>19</b> <u>Support Group at R.C. Miller Library. Beaumont</u> @ 1:30 PM	<b>20</b>	<b>21</b> <u>Support Group at Wheeler Avenue Baptist Church</u> @ 10:00 AM
<b>22</b> Create a personal plan to navigate Alzheimer's disease at <a href="http://alznavigator.org">alznavigator.org</a>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Interested in getting more involved? Let us know at <a href="http://bit.ly/alz-vol">bit.ly/alz-vol</a>	<b>30</b>	<b>31</b>	<b>1</b> Spanish Support Group at St. Anne's @ 6:30 PM	<b>2</b> N. Montgomery County Community Support Group @ 11:30 AM - <u>Virtual Caregiver Support Group</u> @ 5:30 PM - Gathering Place Younger Onset Support Group @ 6:00 PM	<b>3</b>	<b>4</b>