

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	1 Support Group at Brookdale Cypress Station @ 4:30 PM - Support Group at Good Shepherd United Methodist @ 7:00 PM	2 Spanish Support Group at St. Anne's @ 6:30 PM	3 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	4	5 WALK TO END ALZHEIMER'S ALZHEIMER'S ASSOCIATION Beaumont Walk - Baytown Walk
6 Get the tools you need to tackle dementia at training.alz.org	7 <u>Support Group at St. Martins Episcopal Church: The Hope & Healing</u> @ 3:00 PM	8 Research Update at Eagle's Trace @ 2:00 PM - <u>Houston Younger Onset Support Group at Candelari's Italiano</u> @ 6:00 PM	9 <u>PV Support Group at Memorial Drive United Methodist Church</u> @ 1:00 PM	10 <u>Research Update at St. Luke's UMC</u> @ 11:00 AM - <u>Virtual Support Group at Christ Church Cathedral</u> @ 11:30 AM - <u>Support Group at The Waterford at Baytown</u> @ 6:30 PM	11 <u>The 10 Warning Signs of Alzheimer's Disease in Normangee</u> @ 2:00 PM	12
13	14 <u>Healthy Living for Your Brain & Body at Houston Texans YMCA</u> @ 11:00 AM - <u>Research Update at the University of Houston</u> @ 2:00 PM - <u>Support Group at the Fifth Ward Multi-Service Center</u> @ 6:00 PM	15 <u>10 Warning Signs of Alzheimer's Disease at Suvida Healthcare</u> @ 11:00 AM - <u>Understanding Alzheimer's & Dementia for AARP</u> @ 1:00 PM	16 <u>10 Warning Signs of Alzheimer's Disease at R.C. Miller Library</u> @ 1:00 PM - <u>League City Caregiver Support Group</u> @ 2:00 PM	17 <u>Understanding Alzheimer's & Dementia for Texas Senior Citizens Conference</u> @ 1:20 PM - <u>Support Group at R.C. Miller Library, Beaumont</u> @ 1:30 PM	18 <u>Healthy Living for Your Brain & Body in Normangee</u> @ 2:00 PM	19 Brazos Valley Walk - Galveston Walk - <u>Support Group at Wheeler Avenue Baptist Church</u> @ 10:00 AM
20 Create a personal plan to navigate Alzheimer's disease at alznavigator.org	21 <u>Support Group at St. Martins Episcopal Church: The Hope & Healing</u> @ 3:00 PM	22	23 <u>10 Warning Signs of Alzheimer's Disease at Grand Living in Tuscan Lakes</u> @ 2:00 PM	24	25	26 WALK TO END ALZHEIMER'S ALZHEIMER'S ASSOCIATION Fort Bend Walk - Woodlands Walk
27 Interested in getting more involved? Let us know at bit.ly/alz-vol	28	29	30	31	1	2