



# Virtual Educational & Social Programs for November

Unless otherwise noted, call the Alzheimer's Association at 800.272.3900 to register.

## 10 Signs of Alzheimer's Disease

Learn about 10 common signs of Alzheimer's and what to watch for in yourself and others.

**4 p.m. Monday, Nov. 9**  
**3-4 p.m. Wednesday, Nov. 11**  
**4-5 p.m. Thursday, Nov. 19**  
**Noon to 2 p.m. Monday, Nov. 23**  
**7 p.m. Monday, Nov. 30**

## Caring Through the Holidays

Get tips for handling the holidays as a caregiver, managing expectations, honoring traditions while adapting to a new normal and minimizing stress.

**11:30 a.m. to 12:30 p.m. Monday, Nov. 23**

## Conozca las 10 Señales

Si usted está experimentando pérdida de memoria es hora de aprender los datos.

**11 a.m. jueves 12 de noviembre**

## Dementia Conversations

Get tips for dementia-related conversations, such as going to the doctor or when to stop driving.

**10 a.m. Tuesday, Nov. 17**

## Effective Communication Strategies

Learn to decode messages when someone has dementia and get strategies to help you connect.

**10 a.m. Wednesday, Nov. 4**  
**10-11 a.m. Thursday, Nov. 5 (Coffee Chat)**

## Healthy Living for Your Brain and Body

Learn about diet, exercise, cognitive activity and social engagement to plan for healthy aging.

**11 a.m. Tuesday, Nov. 10**

## Living with Alzheimer's: For People with Alzheimer's

For people with early-stage dementia. Learn what you need to know following a diagnosis.

**2-3 p.m. Tuesday, Nov. 3 (part 1)**  
**2-3 p.m. Tuesday, Nov. 10 (parts 2 and 3)**

## Living with Alzheimer's: For Early-Stage Caregivers

Get answers to some common questions.

**2-3 p.m. Tuesday, Nov. 17 (part 1)**  
**2-3 p.m. Tuesday, Nov. 24 (part 2)**  
**2-3 p.m. Tuesday, Dec. 1 (part 3)**

## Living with Alzheimer's: For Middle-Stage Caregivers

Learn helpful strategies for providing effective and comfortable care in the middle stage.

**Noon Monday, Nov. 2 (part 2)**  
**Noon Monday, Nov. 9 (part 3)**  
**Noon Monday, Nov. 9 (parts 2 and 3)**

## Understanding Alzheimer's & Dementia

Learn the difference between dementia and Alzheimer's, stages, risk factors, research and more.

**6:30 p.m. Tuesday, Nov. 10**  
**1 p.m. Tuesday, Nov. 10**  
**5-6 p.m. Tuesday, Nov. 24 (This session is a Younger Caregiver Roundtable Discussion)**

## Understanding and Responding to Dementia-Related Behavior

Learn to decode common behaviors in people with dementia to connect throughout the disease.

**10-11 a.m. Wednesday, Nov. 11 (Coffee Chat)**  
**Noon to 1:30 p.m. Friday, Nov. 13**  
**3-4 p.m. Wednesday, Nov. 25 (Holiday version)**

## Social events

### ALZ Across New York

Online tour of Memorial Art Gallery of Rochester  
**1-2 p.m. Wednesday, Nov. 18**

### AlzWell Social Club

An interactive program for people at all stages of dementia and their family caregivers.

**1-3:30 p.m. Saturdays Nov. 7, 29**

### Memory Cafe

Activities for people with early-stage dementia and their family caregivers including music (Nov. 5) and meditation (Nov. 12)

**12:30-1:30 p.m. Thursdays Nov. 5, 12**

### Something for Alz: Expressive Art

An interactive art program for people with dementia and their family caregivers.

**11 a.m. to noon Saturdays Nov. 7, 14**

### Tuesday Social

A free virtual event featuring musical fun for people with dementia and their family caregivers.

**11:30 a.m. to 12:30 p.m. Tuesday, Nov. 10**

### 5-Day Virtual Wellness Retreat

A free virtual event featuring yoga, art, music, cooking demo and more for people with dementia and family caregivers. (Nov. 18 events in Spanish).

**10 a.m. to 1:15 p.m. Nov. 16-20**

These programs are supported in part by a grant from the New York State Department of Health.