Statewide Classes and Events: Oct-Dec 2026

Alzheimer's Resource Alaska

Classes and events offered statewide are hosted online.

Art Links

Anchorage: 1st Friday
11:00AM-12:00PM, 10/2, 11/6, 12/4, Contact: Debbie

Fairbanks: 3rd Thursday
5:30-6:30PM
10/15, 11/19, 12/17
Contact: Jennifer

Fairbanks: 2nd Saturday
3:00-4:00PM
10/10, 11/14, 12/12
Contact: Jennifer

Mat Su: 2nd & 4th Friday's
1:00-2:00PM
10/9, 11/13, 12/11
Contact: Julie

Statewide via Zoom: 1st Tuesday 1:00-2:00PM
11/3, 12/3
Contact: Janice

Caregiver Support Groups

Fairbanks Caregiver:
2nd Saturday
12:30-2:00PM
10/10, 11/14, 12/12
Contact: Jennifer

Mat Su Caregiver: 2nd Tuesday, 1:30-3:00PM
10/13, 11/10, 12/8
Contact: Janice

Statewide Caregiver: 2nd & 4th Thursday's, 5:30-7:00PM
10/8, 10/22, 11/12, 12/10
Contact: Debbie

Statewide Grief Support Group: 1st & 3rd Thursday's
1:00-2:30PM
10/1, 10/15, 11/5, 11/19, 12/3, 12/17; Contact: Gay

Statewide Intimate Partner Support Group:
2nd & 4th Tuesday
1:00-2:30PM, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22
2nd & 4th Saturday
10:30AM-12:00PM, 10/10, 10/24, 11/7, 11/21, 12/12
Contact: Gay

Caregiving 101: Statewide

What Is Lewy Body Dementia?
10/6, 1:00-2:30PM

Dementia Conversations
10/21, 6:00-7:30PM

Holiday Family & Travel with Dementia 11/16, 1:00-2:30PM

Healthy Body Healthy Brain
11/19, 1:00-2:30PM

Money Conversations
12/5, 1:00-2:30PM

Memory Café

Mat Su: 1:00-2:15PM
10/27, 11/17
Location: Wasilla Area Seniors, Inc.
Contact: Janice

NEW: Page Turner's Book Club

Statewide: 4th Wednesday 10/28, 11/25, 12/23 6:00 to 7:30PM. This quarter's book: *Aging with Grace* by Dr. David Snowdon.
Contact: Jennifer

Forget-me-not Chorus
a program of Alzheimer's Resource Alaska

Forget Me Not Chorus:
One Voice, Many Lifetimes October 18th
Fall Concert November 20th

Community Events:
Summit on Aging Oct 15-17
Elder & Youth AFN Oct 19-24
Go Winter! Expo Fbks Oct 24-25

Dementia Live

Mat Su: Nov 13th
Anchorage: Nov 24th
Dementia Live® builds empathy and understanding through an immersive simulation.

Mind Matters + Brain Works

Support for those who have recently been diagnosed and their care partners. Consult required, contact Debbie.

Featured Classes: Registration + Fee Required

Savvy Caregiver

Statewide via Zoom:
Oct 1 - Nov 5
1:00 - 3:00 PM

Savvy Caregiver supports those caring for someone with dementia by building confidence, and skills. Contact Debbie for more info.

Mind Sharpener

A new class series coming early 2027!

Mind Sharpener is a fun, interactive program to keep your mind active, flexible, and strong.

Ten Keys to Dementia Risk Reduction

Build lifelong habits that support brain health, memory, and overall wellness, contact Jane for info on an upcoming course Jan '27.

Amblin' for Alzheimer's Resource Alaska

Saturday, May 1st, 2027

It's never too early to start supporting our biggest fundraiser of the year!

Sponsorship opportunities are now available. Contact Sam Lilly at slilly@alzalaska.org to learn how your business or organization can support Alaskans impacted by Alzheimer's and related dementias.

Contact Our Team at 907-561-3313 or individually at:

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