

# Classes & Events around the state

## **ANCHORAGE**

1750 Abbott Road,  
561-3313

**ABC Presentations**  
**Fall Prevention & Survival for Seniors**  
 Monday, 1/14  
 10-11:30 am or 5:30-7 pm

**Mouth Care Without a Battle**  
 Monday, 1/21  
 10-11:30 am or 5:30-7 pm

**Movie: I'll Be Me**  
 Monday, 1/28  
 10-11:30 am or 5:30-7 pm

**Communication Tips for Caregivers**  
 Monday, 2/4  
 10-11:30 am or 5:30-7 pm

**Dining & Dementia**  
 Monday, 2/11  
 10-11:30 am or 5:30-7 pm

**Movie: Alive Inside**  
 Monday, 2/18  
 10-11:30 am or 5:30-7 pm

**Legal and Financial Issues**  
 Monday, 2/25  
 10-11:30 am or 5:30-7 pm

**Challenging Behaviors**  
 Monday, 3/4  
 10-11:30 am or 5:30-7 pm

**Overview of Dementia**  
 Monday, 3/11  
 10-11:30 am or 5:30-7 pm

**Senior Targeted Fraud & Scams**  
 Monday, 3/18  
 10-11:30 am or 5:30-7 pm

**Movie: "You're Looking at Me Like I Live Here, and I Don't"**  
 Monday, 3/25  
 10-11:30 am or 5:30-7 pm

**Brain Works\***  
 Tuesdays, 1/22-3/12  
 10-11:30 am

**Mind Matters I\***  
 Wednesdays, 1/23-3/13  
 10-11:30 am

**Mind Matters II\***  
 Thursdays, 1/24-3/14

## **MAT SU VALLEY**

777 N. Crusey Street,  
Suite B101, 746-3413

**ABC Presentations**  
**The GEMS: Using Skills that Make a Difference**  
 Monday, 1/28  
 1-2:30 pm or 5:30-7 pm

**Sleep & Dementia**  
 Monday, 2/18  
 1-2:30 pm or 5:30-7 pm

**The Dementias**  
 Monday, 3/18  
 1-2:30 pm or 5:30-7 pm

**Savvy Caregiver\***  
 Thursdays, 1/17-2/21  
 1-3 pm

**Dementia Care Essentials\***  
 Thursdays 3/7-4/4  
 3-5 pm  
 Registration is required.

**Brain Works\***  
 Wednesdays, 1/9-2/27  
 1:30-3 pm

Wednesdays, 3/20-5/8  
 1:30-3 pm

**Mind Matters\***  
 Wednesdays, 1/9-2/27  
 10:30-Noon

Wednesdays, 3/20-5/8  
 10:30-Noon

**Art Links**  
**Anchorage**  
 1750 Abbott Road  
 Every Friday, 11 am - Noon

**Mat-Su**  
 777 N. Crusey Street  
 Suite B101  
 Every Friday, 1-2:00 pm

**Fairbanks**  
 565 University Avenue  
 Suite 2  
 Every Thursday, 11 - Noon

**\*Registration Required**

## **JUNEAU**

3225 Hospital Drive,  
586-6044

**ABC Presentations**  
**Movie: Alive Inside**  
 Thursday, 1/24  
 12-1:30 pm or 5:30-7 pm

**Downsizing & Decluttering**  
 Wednesday, 2/20  
 12-1:30 pm or 5:30-7 pm

**The GEMS, Using Skills that Make a Difference**  
 Thursday, 3/28  
 12-1:30 pm or 5:30-7 pm

**Extra Offerings:**  
**Awareness Presentation: When Does Forgetting Become a Worry?**  
 Friday, 2/15, Noon-1 pm  
 Homer Public Library  
 500 Hazel Avenue, Homer  
 Contact: Janice Downing,  
 746-3413

**Virtual Dementia Tour**  
 Saturday, 2/16 10-4 pm  
 Homer Public Library  
 500 Hazel Avenue, Homer  
 Contact: Janice Downing,  
 746-3413

## **FAIRBANKS**

565 University Ave., #2,  
452-2277

**ABC Presentations**  
**Movie: Alive Inside**  
 Tuesday, 1/29  
 5:30-7 pm

**Communication Tips for Caregivers**  
 Wednesday, 2/20  
 5:30-7 pm

**Difficult Behaviors**  
 Tuesday, 3/19  
 5:30-7 pm

**Savvy Caregiver\***  
 Mondays, 3/4-4/8  
 5:30-7 pm

**Mind Matters\***  
 Thursdays, 1/10-2/28  
 1-2:30 pm



# Alzheimer's Resource of Alaska

## **Statewide Webinars** *Registration is required.*

Connect with us via [GoToMeeting](#) and by [Telephone](#)

**Professional Webinars**  
 Amber Smith: 586-6044  
 asmith@alzalaska.org

**Family Caregiver Webinars**  
 Gay Wellman: 822-5620;  
 gwellman@alzalaska.org

**Behaviors that Challenge Us**  
 Tuesday, 1-22  
 Noon-1 pm

**Being a Friend**  
 Saturday, 1/12  
 1-2:30 pm

**Mouth Care Without a Battle**  
 Tuesday, 2/19  
 Noon-1 pm

**Intimacy, Sexuality, and Dementia**  
 Saturday, 2/9  
 1-2:30 pm

**Bathing Without the Battle**  
 Tuesday, 3/26  
 Noon-1 pm

**Behaviors that Challenge**  
 Saturday, 3/9  
 1-2:30 pm

**Savvy Caregiver**  
 Saturdays, 2/2-3/9  
 10-Noon