

# Classes & Events around the state

## **ANCHORAGE**

1750 Abbott Road,  
561-3313

### **ABC Presentations**

**Honoring Connection**  
Monday, 4/15  
10-11:30 am or 5:30-7 pm

**Decision Making**  
Monday, 4/29  
10-11:30 am or 5:30-7 pm

**End of Life Questions with Guest from Hospice of Anchorage**  
Monday, 5/13  
10-11:30 am or 5:30-7 pm

**Recreational Activities**  
Monday, 6/10  
10-11:30 am or 5:30-7 pm

**The Music Instinct: Science & Song Documentary and Discussion**  
Monday, 6/24  
10-11:30 am or 5:30-7 pm

**Savvy Caregiver** \*  
Fridays, 5/17-6/21  
2-4 pm  
Registration is required.

**Virtual Dementia Tour** \*  
Saturday, 5/11  
10-4 pm  
Registration is required.

**Brain Works** \*  
Tuesdays, 4/2-5/21  
10:30-11:30 am

**Mind Matters I** \*  
Wednesdays, 4/3-5/22  
10-11:30 am

**Mind Matters II** \*  
Thursdays, 4/4-5/23  
10-11:30 am

## **MAT SU VALLEY**

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

### **ABC Presentations**

**Honoring Connection - Communication & Dementia**  
Monday, 4/8  
1-2:30 pm or 5:30-7 pm

**Movie: Complaints of a Dutiful Daughter**  
Monday, 4/22  
1-2:30 pm or 5:30-7 pm

**Early Stages of Alzheimer's**  
Monday, 5/6  
1-2:30 pm or 5:30-7 pm

**Middle Stage of Alzheimer's**  
Monday, 5/20  
1-2:30 pm or 5:30-7 pm

**Late Stages of Alzheimer's**  
Monday, 6/3  
1-2:30 pm or 5:30-7 pm

**Behaviors that Challenge Us**  
Monday, 6/17  
1-2:30 pm or 5:30-7 pm

**Savvy Caregiver** \*  
Thursdays, 5/2-6/6  
5:30-7:30 pm  
Registration is required.

**Brain Works** \*  
Wednesdays, 5/29-7/17  
1:30-3 pm  
Registration is required.

**Mind Matters** \*  
Wednesdays, 5/29-7/17  
1:30-3 pm  
Registration is required.

## **JUNEAU**

3225 Hospital Drive,  
586-6044

### **ABC Presentations**

**Honoring Connection - Communication & Dementia**  
Wednesday, 4/17  
12-1:30 pm or 5:30-7 pm

**Making Visits Positive**  
Wednesday, 5/15  
12-1:30 pm or 5:30-7 pm

**Meaningful Activities & Purposeful Days**  
Wednesday, 6/19  
12-1:30 pm or 5:30-7 pm

**Savvy Caregiver** \*  
Tuesdays, 4/30 - 6/4  
5:30-7:30 pm  
Registration is required.

**Virtual Dementia Tour** \*  
Friday, 5/3  
9-4 pm  
Registration is required.



**Alzheimer's Resource of Alaska**

## **FAIRBANKS**

565 University Ave., #2,  
452-2277

### **ABC Presentations**

**Dining & Dementia**  
Tuesday, 4/23  
5:30-7 pm

**Bathing Without a Battle**  
Tuesday, 5/21  
5:30-7 pm

**Fall Prevention**  
Tuesday, 6/18  
5:30-7 pm

**Dementia Care Workshop** \*  
Wednesday, 4/17  
1-5:30 pm  
Registration is required

**Savvy Caregiver** \*  
Wednesdays, 5/22-6/26  
5:30-7:30 pm  
Registration is required

**Virtual Dementia Tour** \*  
Monday, 5/20  
10-5 pm  
Registration is required

**Mind Matters** \*  
Thursdays, 5/30-7/18  
1-2:30 pm

## **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 Ave. #2  
Every Thursday, 11-Noon

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

Connect with us via **GoToMeeting** and by **Telephone**

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

**Dining & Dementia**  
Tuesday, 4/23  
Noon-1pm

**Stages of Caregiving: Empowering Families Through Every Stage**  
Tuesday, 5/21  
Noon-1pm

**Meaningful Activities & Purposeful Days**  
Tuesday, 6/18  
Noon-1pm

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

**Assisted Living - Where, When, & How**  
Saturday, 5/18  
1-2:30 pm

**End of Life**  
Saturday, 6/8  
1-2:30 pm

**Savvy Caregiver**  
Saturdays, 6/1-7/6  
10-Noon

**\*Registration Required**

## Extra offerings in Bethel and Memory Café Schedule

### Extra Offerings for our Bethel clients and caregivers:

#### **Dementia Care Workshop**

Wednesday, 4/17 8-Noon  
Yukon-Kuskokwim Elder's Home  
1100 Chief Eddie Hoffman Hwy., Bethel  
Contact: Carol Eichert, 543-6780

#### **Communication in Stages of Dementia**

Wednesday, 4/17 2:30-4 pm  
Yukon-Kuskokwim Elder's Home,  
1100 Chief Eddie Hoffman Hwy., Bethel  
Contact: Carol Eichert, 543-6780

#### **Virtual Dementia Tour**

Thursday, 4/18 9-3 pm  
Yukon-Kuskokwim Elder's  
Home, 1100 Chief Eddie Hoffman Hwy., Bethel  
Contact: Carol Eichert, 543-6780

#### **Free Memory Screenings**

Friday, 4/19 8-Noon  
Yukon-Kuskokwim Elder's  
Home, 1100 Chief Eddie Hoffman Hwy., Bethel  
Contact: Carol Eichert, 543-6780

#### **Behaviors that Challenge Us**

Friday, 4/19 2:30-4 pm  
Yukon-Kuskokwim Elder's  
Home, 1100 Chief Eddie Hoffman Hwy., Bethel  
Contact: Carol Eichert, 543-6780



## Alzheimer's Resource of Alaska

**For questions about  
classes and offerings,  
please call us at  
907-561-3313 and  
we will be happy  
to assist you.**

### **Memory Cafés**

An opportunity for persons living with dementia and their care partners to socialize and enjoy entertainment with peers.

**Anchorage** - Anchorage Senior Activity Center, 1300 E 19th Avenue, Anchorage  
Every 2nd Thursday - 04/11, 05/09, 06/13, 1-2:30pm

**Wasilla** - Wasilla Area Seniors, Inc. (WASI), 1301 S. Century Circle, Wasilla  
Every 3rd Tuesday - 04/16, 05/14, 06/18, 1-2:30pm