

# Classes & Events around the state

## ANCHORAGE

1750 Abbott Road,  
561-3313

### ABC Presentations

#### What's a Memory Cafe?

Monday, 7/8  
10-11:30 am or 5:30-7 pm

#### Driving & Dementia

Monday, 7/22  
10-11:30 am or 5:30-7 pm

#### Sing a Song-Join the ARA Chorus

Monday, 8/5  
10-11:30 am or 5:30-7 pm

#### What's the Deal with Brain Games?

Monday, 8/19  
10-11:30 am or 5:30-7 pm

#### Project Lifesaver

Monday, 9/16  
10-11:30 am or 5:30-7 pm

#### Grief and Grieving

Monday, 9/30  
10-11:30 am or 5:30-7 pm

#### Savvy Caregiver\*

Tuesdays, 7/16-8/20  
5:30-7:30 pm  
Registration is required.

#### Savvy Professional\*

Monday, 8/12  
8:30-4:30 pm  
\$95.00 Registration fee  
Registration is required.

#### Dementia Care Workshop\*

Monday, 9/23  
12:30-5 pm  
\$45.00 Registration fee  
Registration is required.

#### Brain Works\*

Tuesdays, 8/20-10/8  
10:30-11:30 am

#### Mind Matters Tuesdays\*

Tuesdays, 8/20-10/8  
1-2:30 pm

#### Mind Matters Wednesdays\*

Wednesdays, 8/21-10/9  
10-11:30 am

#### Mind Matters Thursdays\*

Thursdays, 8/22-10/10  
10-11:30 am

## MAT SU VALLEY

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

### ABC Presentations

#### The What, When, and How of Assisted Living

Monday, 7/15  
1-2:30 pm

#### Driving & Dementia

Monday, 7/29  
1-2:30 pm

#### 20 Questions, 100 Answers, 6 Perspectives (Part I)

Monday, 8/12  
1-2:30 pm

#### 20 Questions, 100 Answers, 6 Perspectives (Part II)

Monday, 8/26  
1-2:30 pm

#### Wandering & Dementia: "I Just Want to Talk"

Monday, 9/9  
1-2:30 pm or 5:30-7 pm

#### Backing Out of Time, Movie & Discussion

Monday, 9/23  
1-2:30 pm or 5:30-7 pm

#### Dementia Care Workshop\*

Wednesday, 9/17  
1-5:30 pm,  
\$45.00 Registration fee  
Registration is required.

#### Mind Matters\*

Wednesdays, 8/7-9/25  
10:30-Noon  
Registration is required.

#### Brain Works\*

Wednesdays, 8/7-9/25  
1:30-3 pm  
Registration is required.

**\* Registration Required**

## Art Links

**Anchorage**  
1750 Abbott Road  
Every Friday, 11-Noon

## JUNEAU

3225 Hospital Drive,  
586-6044

### ABC Presentations

#### The Power of Music

Tuesday, 7/23  
12-1:30 pm or 5:30-7 pm

#### The What, When, and How of Assisted Living

Thursday, 8/29  
12-1:30 pm or 5:30-7 pm

#### PAC-"Normal" Aging vs "Not Normal" Aging

Tuesday, 9/24  
12-1:30 pm or 5:30-7 pm

#### Memory Screenings\*

Wednesday, 9/11  
10 am-4:00 pm  
Registration is required.



**Alzheimer's  
Resource  
of Alaska**

## Statewide Webinars *Registration is required.*

*Connect with us via Zoom; please register for link.*

### Family Caregiver Webinars

Gay Wellman: 822-5620, gwellman@alzalaska.org

#### Dining & Dementia

Wednesday, 7/10 10:30-Noon	Saturday, 7/13 1-2:30 pm
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#### Introduction to the Dementias

Wednesday, 8/7 10:30-Noon	Saturday, 8/10 1-2:30 pm
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#### Behaviors that Challenge

Wednesday, 9/11 10:30-Noon	Saturday, 9/14 1-2:30 pm
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Savvy Caregiver  
Saturdays, 8/24-9/28  
10-Noon

*(Please refer to page 5 for our Professional Webinars.)*

## FAIRBANKS

565 University Ave., #2,  
452-2277

### ABC Presentations

#### When Does Forgetting Become a Disease?

Tuesday, 7/16  
5:30-7 pm

#### Recreational Activities

Tuesday, 8/20  
5:30-7 pm

#### End of Life

Tuesday, 9/17  
5:30-7 pm

#### Savvy Caregiver\*

Wednesdays, 7/24-8/28  
5:30-7:30 pm  
Registration is required.

#### Virtual Dementia Tour\*

Monday, 8/26  
10-5 pm  
Registration is required.

#### Mind Matters\*

Thursdays, 8/15-10/3  
1-2:30 pm

**Mat-Su**  
777 N. Crusey St. Ste. B101  
Every Friday, 1-2 pm

**Fairbanks**  
565 University Ave.  
Every Thursday, 11-Noon

# Free Professional Webinars

**Connect with us via Zoom; please register for link.** To register for our professional webinars, please contact: Amber Smith - 907-586-6044 or email [asmith@alzalaska.org](mailto:asmith@alzalaska.org).

## **Intellectual and Developmental Disabilities and Dementia**

Tuesday, 7/30  
Noon-1:00 pm

## **Intimacy and Dementia**

Tuesday, 8/27  
Noon-1:00 pm

## **Communication Tips for Caregivers**

Tuesday, 9/17  
Noon-1:00 pm

## A warm invitation to our Neighborhood Memory Cafe!

The Memory Cafe offers 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, 1-2:30 pm  
07/11, 08/08, 9/12

**Wasilla** - Wasilla Area Seniors, Inc. (WASI)  
1301 S. Century Circle, Wasilla  
Every 3rd Tuesday, 1-2:30 pm  
07/16, 08/20, 09/17



# Caregiver Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

Location	Date & Time	Contact
Statewide Telephone Support Group	Every 1st Saturday, 1-2 pm Every 3rd Wednesday, 1-2 pm	Dial in using 1-877-216-1555, Code #927989. For additional information, contact Gay Wellman, 822-5620 or 800-478-1080x5
<b>Anchorage</b>		
Alzheimer's Resource of Alaska, 1750 Abbott Road	Every 4th Thursday, 5:30-7 pm	Debbie Chulick, 561-3313
<b>Eagle River</b>		
Holy Spirit Episcopal Church, 17545 N. Eagle River Loop Road	Every 2nd Thursday, 5-6:30 pm	Debbie Chulick, 561-3313
<b>Fairbanks</b>		
Alzheimer's Resource of Alaska, 565 University Ave. Ste. 2	Every 2nd Tuesday, 5:30-7 pm Every 3rd Tuesday, 11:30-1 pm	Joan Adams, 452-2277
<b>Homer</b>		
Homer Senior Center	Every 2nd & Every 4th Thursday, 2:30-3:30 pm	Pam Hooker, 235-7655
<b>Ketchikan</b>		
Ketchikan Senior Center, Upper Level	Call for current schedule.	Bernice, 255-8080
<b>Kodiak</b>		
Kodiak Senior Center, 302 Erskine Avenue	Every 4th Thursday, 12:30-1:30 pm	486-6181
<b>Mat-Su Valley</b>		
Alzheimer's Resource of Alaska, 777 N. Crusey St., Ste. B101	Every 2nd Tuesday, 1:30-3 pm	Janice Downing, 746-3413
Palmer Senior Center, 1132 S. Chugach Street	Every 1st Friday, 10-11:30 am	Kim Jung, 746-3413
Primrose Retirement Community, 889 Elkhorn Drive	Every 3rd Thursday, 10-11:30 am	Janice Downing, 746-3413
<b>Seward</b>		
Seward Senior Center	Every 4th Thursday, 1-2 pm	244-5604
<b>Sitka</b>		
Brave Heart Volunteers 120 Katlian Street	Call for current schedule.	747-4600
<b>Soldotna</b>		
Soldotna Senior Center	Every 2nd and Last Tuesday, 1-3 pm	Judy Warren, 262-1280
Sterling Senior Center	Every 1st Tuesday, 1-2 pm	Judy Warren, 262-1280
<b>Talkeetna</b>		
Sunshine Community Health Center 34300 Talkeetna Spur Rd.	Every 1st Monday	Janice Downing, 746-3413

Not seeing a support group that's right for you? Give our Education Department a call at 907-561-3313. We'll be happy to help you find the right solution for you.