



Alzheimer's Family Support Center

Created by caregivers for caregivers
2095 Main Street, Brewster, MA 02631 www.alzheimerscapecod.org

2018 - 2019 EVENT SCHEDULE

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

For information, or to register, please call (508) 896-5170

or email support@capecodalz.org

❖ **Memory Screenings – Free, confidential appointments still available in December and January at some Senior Centers:**

- Dennis Thursday, January 17, 10 – 12 pm (508) 385-5067
- Harwich Tuesday, January 22, 1 – 3 pm (508) 430-7550
- Provincetown Thursday, December 12, 10 – 12 pm (508) 487-7080
- Truro Thursday, January 9, 12 – 2 pm (508) 487-2462
- Call your local Senior Center to schedule appointments

❖ **Dave Birtwell 13th Annual Alzheimer's Memorial Walk.**

- Harwich Brooks Park, Saturday, May 11, 2019, 12 – 3 pm
- Walk, dance, eat, celebrate community to benefit the Alzheimer's Family Support Center

❖ **Savvy Caregiver Training; Six-week-long Caregiver training with respite care available.** Joint program with Elder Services of Cape Cod and the Islands.

- Keystone Place, Bourne, Mondays, November 12 to December 17, 10 a.m.-noon.
- Orleans, Mondays, January 14 to March 4, 2019, 10 a.m. – noon.
- Mill Hill Residences, West Yarmouth, January, 2019, dates to be determined

❖ **Men's Alzheimer's Monthly Coffee & Conversation Group**

- Maplewood of Brewster, 3rd Thursday, 9:30-11 a.m.
- Laurentide at Mashpee Commons, 4th Wednesday, 11 AM-12:30 p.m

❖ **Annual Artful Gift Show and Raffle - Hill Tribe Silver Starfish Necklace by Anne Parshall. 100% of ticket sales benefit The Alzheimer's Family Support Center.**

- Woodruff's Art Center, 1 North Market Street, Mashpee Commons. November 4 – December 31. Opening Reception Sunday, November 4, 5 -7 p.m. 508-477-5767.
- ❖ **Art Fridays for People with Cognitive Loss and Their Caregivers**
 - **Every** Friday at the Cape Cod Museum of Art in Dennis partnering with the Alzheimer's Family Support Center. Friday, 2:00-3:30 p.m., at the Art Museum. Questions: 508-385-4477.
- ❖ **Support Groups for caregivers and people with dementia.**
 - Offered in all 15 Cape towns. See listing on website: alzheimerscapecod.org/support-groups, or call office 508-896-5170.
- ❖ **Care Consultations with the Alzheimer's Family Support Center staff, for families living with dementia.**
 - Bridges at Mashpee, Wednesdays 2-4 p.m.
 - Seashore Point, Provincetown, 2nd & 4th Thursdays, 1-3 p.m.
 - Atria in Falmouth, Wednesdays, 11 p.m.-1 p.m.
 - Spaulding Rehabilitation Hospital Cape Cod, Sandwich, 1st Wednesday,
 - 5:30-7 p.m.
 - Alzheimer's Family Support Center, Brewster, Fridays, 12-4 p.m.
 - Harbor Point, Centerville, as needed. Call to schedule an appointment.
- ❖ **Re-Memorable Multigenerational Chorus of Cape Cod with Eastham Elementary School 4th and 5th Grade Students.**
 - Eastham Senior Center, 2nd & 3rd Wednesday of every month, 9:45-10:45 a.m.
- ❖ **Teepa Snow Seminar and Lecture: "Positive Approaches to Living With Dementia" Learn practical skills from this nationally recognized expert.**
 - Barnstable Performing Arts Center, Wednesday, June 26, 2019; 8:30 a.m.-4 p.m. Sponsored by the Alzheimer's Family Support Center.

11/28/18