



October Events

Saturday, October 17 & Saturday, November 14 at 9am
Walk to End Alzheimer's - West Valley Area in AZ and Phoenix, AZ
Sign up at alz.org

Every Wednesday beginning October 14th from
10:30am-12pm

Virtual Finding Meaning and Hope 10-week Discussion Group
RSVP to Michelle at michelle@cypresshomecare.com

Every Friday from Noon - 1pm
Health Futures - Taking Stock in You
Money Radio - FM 105.3 FM/1510 AM

Every Third Thursday beginning October 15th from
3pm-4pm

Virtual Dementia Friendly Support Group

Please call to RSVP 623-688-0957

Are you caring for a loved one with Dementia or Alzheimers and feeling overwhelmed? Join this support group to learn the answers to ease your mind, body, and lift your spirit.

Every First Thursday of the month from 10am - 11am

Virtual Dementia Friendly Memory Cafe

All Cafes are virtual via Zoom

Please RSVP to Kathy Rood at 602-452-4627 or kathy.rood@jfcsaz.org

On Thursday, November 5, create a special Thanksgiving decoration or center piece!

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