



ALZHEIMER'S  ASSOCIATION®

## VIRTUAL AND IN-PERSON SUPPORT GROUPS

CENTRAL AND WESTERN  
VIRGINIA CHAPTER

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Please note that some groups are in person and some are held virtually. Registration is **REQUIRED** for support groups. Please call our 24/7 Helpline at 800.272.3900 to register and receive login information for virtual meetings.

### VIRTUAL MEETINGS

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1st Monday | 2 p.m.  
Smith Mountain Lake  
Hosted by: David

3rd Monday | 2:30 p.m.  
Retreat of Fishersville  
Hosted by: Sharon

2nd Tuesday | 2 p.m.  
Raspberry Hill Adult Daytime Center  
Hosted by: Tara and Anne

4th Thursday | 5:30 p.m.  
Hybrid Group - In-Person and online  
Kendal at Lexington  
Borden Health Center  
170 Kendal Dr, Lexington  
Hosted by: Katie

2nd & 4th Thursday | 7 p.m.  
Millennial/Young Caregiver Support Group  
Hosted by: Kayla

2nd Friday | 1 p.m.  
A virtual group for those living with Alzheimer's.  
Please call 800.272.3900 to be screened,  
registered and receive log-in instructions

*See page 2 for In-Person meetings*

## **IN-PERSON MEETINGS**

To participate in an in-person meeting, please call 800.272.3900 prior to the meeting day to register.

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2nd Tuesday | 1 p.m.

Heritage Green Assisted Living

201 Lillian Lane, Lynchburg

Hosted by: Clarissa

2nd Tuesday | 1:30 p.m.

Adult Day Center of Roanoke Valley

2321 Roanoke Blvd., Salem

Hosted by: Pam

3rd Tuesday | 9:30 a.m.

The Center at Belvedere

540 Belvedere Boulevard, Charlottesville

Hosted by: Sheri

3rd Tuesday | Noon

Vesta Community Center

149 Community Lane, Vesta

Hosted by: Stephanie

4th Tuesday | Noon

The Landmark, 227 Landmark Drive, Stuart

Hosted by: Stephanie and Carol

4th Tuesday | 3 p.m.

Kings Grant Retirement Community

(4th Floor Conf.)

350 Kings Way Rd., Martinsville

Hosted by: Tammy and Lori

1st Wednesday | 9 a.m.

Generations Crossing Adult Care

3765 Taylor Spring Ln, Rockingham

Hosted by: Sharon

2nd Wednesday | Noon

Southern Area Agency on Aging

204 Cleveland Ave., Martinsville

Hosted by: Stephanie

2nd Wednesday | 1:30 p.m.

The Summit Independent Living Community

1400 Enterprise Dr. Lynchburg

Hosted by: Lisa

2nd Thursday | 11 a.m.

Richfield Living Town Center (respite available)

3730 Richfield Lane, Salem

Hosted by: Karen and Linda

2nd Thursday | 1 p.m.

Summit Square Retirement Community

501 Oak Ave, Waynesboro

In the solarium on the 3rd floor

Hosted by: Shelley

4th Thursday | 5:30 p.m.

Kendal at Lexington

Borden Health Center

170 Kendal Dr, Lexington

Hosted by: Katie

1st Friday | 10:30 a.m.

Community Mennonite Church of Harrisonburg

70 S High Street

Harrisonburg, VA 22801

Hosted by: Heather

2nd Friday | 11 a.m.

Advanced Physical Therapy of Virginia

(Inside the Botetourt YMCA)

115 Shenandoah Ave.

Daleville, VA

Hosted by: Karen

3rd Saturday | 10 a.m.

Crozet Library

2020 Library Avenue, Crozet

Hosted by: Tanya