



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

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

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

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

### IN-PERSON MEETINGS

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

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  
Memory Café (Dementia education and support)  
The Landmark, 227 Landmark Drive, Stuart  
Hosted by: Stephanie and Carol

4th Tuesday | 3 p.m.  
King's Grant Retirement Community  
(4th Floor Conf.)  
350 Kings Way Rd., Martinsville  
Hosted by: Tammy and Lori

**Please note:**

- Tuesday, Sept. 17 | 11 a.m. – Noon
- Tuesday, Oct. 22 | 1:30-2:30 p.m.

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 Wednesday | 5 p.m.  
12425 Village Loop  
Culpeper, VA  
4th Floor Activity Room  
Hosted by: Ashley (**Will start September 11**)

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

3rd Thursday | 3 p.m.  
Carilion Clinic Center on Healthy Aging  
4434 Electric Rd.  
Roanoke, VA  
First-floor group room  
Hosted by Amy and Tara  
*Respite is available for caregivers for the duration of the meeting. Please call 540.527.4800 if you have additional questions about respite.*

1st Friday | 10:30 a.m.  
*There will be no July 5th caregiver support group.*

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