



ALZHEIMER'S  ASSOCIATION®

**DAYTIME
VIRTUAL SUPPORT GROUPS
NATIONAL CAPITAL
AREA CHAPTER**

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. For the safety of our constituents, volunteers and staff, many support groups are being held virtually. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information. THANK YOU!

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 4 P.M.

FIRST MONDAY

1 p.m. | The Lodge at Marlton
Shirley Young, 757.508.6595
atistpab@verizon.net

FIRST TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

10 a.m. | Rappahannock Public Library
Danny Wilson, 540.547.4126,
rapplander@gmail.com
Ellie Clark | blessingsfromellie@gmail.com

2:30 p.m. | Arden Courts of Silver Spring
Melissa Koppal | MelissaKoppal@yahoo.com

FIRST WEDNESDAY

3 p.m. | Leisure World on Georgia Avenue
Sandy Levy & Nina Helwig
ninahelwig5@gmail.com

4 p.m. | Leesburg Adult Day Center
Jaimee Conner, 703.771.5334
Free respite services offered.

FIRST THURSDAY

10 a.m. | St. Andrew's Episcopal Church
Barbara Kincaid, 703.671.3707 |
Jane Walker, 703.522.3792

12 p.m. | Lansdowne Woods of Virginia
Judy Misbin, judy.misbin@gmail.com

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

FIRST FRIDAY

10 a.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

9:30 a.m. | Westminster at Lake Ridge
Elizabeth Glyer, lizglyer@gmail.com

ALZHEIMER'S ASSOCIATION | VIRTUAL SUPPORT GROUPS

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 4 P.M.

SECOND TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

2:30 p.m. | Veterans Affairs Medical Center
Salwa (Susu) Habayeb, 202.745.8422
salwa.habayeb@va.gov OR
Michael Smith, 240.481.8515
smithmw78@georgetown.edu

3 p.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

SECOND WEDNESDAY

11 a.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184
Scraddock@firstmountzionbc.org

SECOND THURSDAY

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

SECOND FRIDAY

10 a.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

9:30 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

THIRD TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

11 a.m. | Providence Hospital – Carroll Manor
Dwayne B. Hughes, 301.980.8412

3 p.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

THIRD WEDNESDAY

3 p.m. | Leisure World on Georgia Avenue
Sandy Levy & Nina Helwig,
ninahelwig5@gmail.com

3 p.m. | Brook Grove
Laura Rounds, 301.260.2300
lrounds@bgf.org

THIRD THURSDAY

10 a.m. | St. Andrew's Episcopal Church
Barbara Kincaid, 703.671.3707
Jane Walker, 703.522.3792

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

THIRD FRIDAY

10 a.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

9:30 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

FOURTH TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

3 p.m. | Holy Cross Resource Center (For adult
children)
Sister Kathy Weber, 301.754.7152

FOURTH WEDNESDAY

11 a.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184,
Scraddock@firstmountzionbc.org

4 p.m. | The Villa at Suffield Meadows
Sophia Cameron
camerons@fauquierhealth.org

ALZHEIMER'S ASSOCIATION | VIRTUAL SUPPORT GROUPS

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 4 P.M.

FOURTH THURSDAY

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

3 p.m. | The Carver Center
Bobbi Carducci, 540.903.6831,
bcarducci@comcast.net

4 p.m. | Veterans Affairs Medical Center
Michael Smith, 240.481.8515
smithmw78@georgetown.edu OR
Nicole Ramos, Ncagrp2022@gmail.com

FOURTH FRIDAY

10 a.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

9:30 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com