

ALZHEIMER'S ASSOCIATION®

VIRTUAL AND IN-PERSON SUPPORT GROUPS

CENTRAL & 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 **recommended** for support groups. **Please call our 24/7 Helpline at 800.272.3900 to register for meetings and to receive login information for virtual meetings.**

VIRTUAL MEETINGS

1st Tuesday | 12 p.m.

UVA Memory and Aging Clinic

Hosted by: Jessica

2nd Tuesday | 2 p.m.

Raspberry 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.

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: Catherine

2nd Tuesday | 6 p.m.

Harmony Collection Memory Care

4414 Pheasant Ridge Rd., Roanoke

Hosted by: Heather

3rd Tuesday | Noon

Vesta Community Center

149 Community Lane, Vesta

Hosted by: Stephanie

4th Tuesday | 3 p.m.

King's Grant Retirement Community

(4th Floor Conf.)

350 Kings Way Rd., Martinsville

Hosted by: Tammy and Lori

IN-PERSON MEETINGS

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

3rd Monday | 3 p.m.

Caregiver Connection (Education and support)

Liberty Ridge

30 Monica Blvd., Lynchburg

Hosted by: Julie

Last Monday each month | 4 p.m.

Kendal at Lexington Borden Health Center

170 Kendal Dr, Lexington

Hosted by: Anna

Starts in April!

4th Tuesday | 3 p.m.
Caregiver Connection (education and support)
Friendship Salem Terrace
1851 Harrogate Dr. Salem,
Internet Café
Hosted by: Mike

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 and Gary

2nd Wednesday | 5 p.m.
12425 Village Loop
Culpeper, VA
1st Floor Activity Room
Hosted by: Ashley

Starts in April!

1st Thursday | 6 p.m.
Caregiver Connections
(education and support)
Commonwealth Senior Living
1550 Pantops Mountain Place
Charlottesville, VA 22911
(Check in at Concierge)
Hosted by: Nicholas

2nd Thursday | 11 a.m.
Richfield Living Town Center (*respite available*)
3730 Richfield Lane
Salem, VA
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 | 2 p.m.
Fairmont Crossing
173 Brockman Park Drive, Amherst
Hosted by: Heather

3rd Thursday | 3 p.m.
Carilion Clinic Center on Healthy Aging
4434 Electric Rd.
Roanoke, VA
First-floor group room
Hosted by Amy
Respite is available for caregivers

1st Friday | 10:30 a.m.
Community Mennonite Church of Harrisonburg
70 S High Street
Harrisonburg, VA 22801
Hosted by: Heather

3rd Saturday | 10 a.m.
Crozet Library
2020 Library Avenue, Crozet
Hosted by: Tanya