

ALZHEIMER'S ASSOCIATION

Rochester and Finger Lakes Chapter

December 2025

Programs and Services



The Alzheimer's Association, Rochester and Finger Lakes Region Chapter offers a variety of care and support programs to those impacted by Alzheimer's or another dementia.

All programs listed below are free of charge.

**Register today by calling our 24/7 Helpline at 800.272.3900
or by visiting our Community Resource Finder at alz.org/CRF.**

This publication is supported in part by grants from the New York State Department of Health, New York State Office for the Aging, Monroe County Office for the Aging, and the Health Resources and Services Administration & University of Rochester. All programs and services offered by the Alzheimer's Association are free to the public.

IN-PERSON FREE EDUCATION PROGRAMS

The Empowered Caregiver: Responding to Dementia-Related Behaviors

Seneca Falls Library
Tuesday, December 2
1:00 - 2:00 PM

Healthy Living for Your Brain and Body

Dansville United
Methodist Church
Wednesday, December 3
11:00 - 12:00 PM

Ten Warning Signs

Hanna Z (Rochester)
Thursday, December 4
11 - 12 PM

Ten Warning Signs

Schottland Family YMCA
(Pittsford)
Thursday, December 4
1 - 2 PM

The Empowered Caregiver: Supporting Independence

Webster Public Library
Thursday, December 4
1:00 - 2:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behaviors

Wolcott Public Library
Thursday, December 4
2:00 - 3:00 PM

Healthy Living for Your Brain and Body

Wildbriar Estates (Livonia)
Wednesday, December 10
10:30 - 11:30 AM

The Empowered Caregiver: Supporting Independence

Victor Farmington Library
Wednesday, December 10
11:00 - 12:00 PM

The Empowered Caregiver: Exploring Care and Support Services

Hilton Parma Rec Center
Thursday, December 11
10:00 - 11:00 AM

Ten Warning Signs

Corning Senior Center
Thursday, December 11
11:00 - 12:00 PM

Understanding Alzheimer's and Dementia

Pittsford Community
Library
Thursday, December 11
1:00 - 2:00 PM

New Advances in Alzheimer's Treatments

Economic Opportunity
Program, Inc. (Elmira)
Thursday, December 11
2:00 - 3:00 PM

Understanding Alzheimer's and Dementia

Watkins Glen Public
Library
Tuesday, December 16
12:00 - 1:00 PM

The Empowered Caregiver: Exploring Care and Support Services

Seneca Falls Library
Tuesday, December 16
1:00 - 2:00 PM

Understanding Alzheimer's and Dementia

Penn Yan Public Library
Tuesday, December 16
4:30 - 5:30 PM

Healthy Living for Your Brain and Body

Wood Library
(Canandaigua)
Wednesday, December 17
11:00 - 12:00 PM

Dementia Conversations

Perinton Community
Center
Wednesday, December 17
1:00 - 2:00 PM

The Empowered Caregiver: Responding to Dementia-Related Behaviors

Community Center of
Geneseo
Thursday, December 18
11:30 - 12:30 PM

The Empowered Caregiver: Exploring Care and Support Services

Wolcott Public Library
Thursday, December 18
2:00 - 3:00 PM

Healthy Living for Your Brain and Body

Greece Town Hall
Friday, December 19
12:00 - 1:00 PM

IN-PERSON FREE EDUCATION PROGRAMS

**The Empowered
Caregiver: Supporting
Independence**

Penfield Rec Center
Tuesday, December 23
1:30 - 2:30 PM

Special Notice

The Rochester and Finger Lakes
Chapter of the
Alzheimer's Association
will be closed
December 24 - 26
for the Christmas holiday.

The Alzheimer's Association
24/7 Helpline will be available
at 1-800-272-3900.

Family & Friends Private Education Session

If you, and your family and friends, would like to discuss one of our education topics during a private session in-person or by phone/webinar, please call 800.272.3900 and request to schedule a Family & Friends Education Session.

PROGRAMAS EDUCATIVOS en ESPANOL (Por ZOOM o por TELEFONO)



Todos los Programas Educativos son Gratis
Para Registrarse: Llame a nuestra Linea de Ayuda:
1.800.272.3900, visite [ALZ.ORG/CRF](https://alz.org/crf)



EARLY STAGE SOCIAL ENGAGEMENT ACTIVITIES

The Rochester and Finger Lakes Chapter offers **FREE** activities for individuals with early-stage Alzheimer's disease or another form of dementia and their care partners.
Pre-screening is required. Please call 1-800-272-3900 to register.

Meet Me at the MAG
*Memorial Art Gallery
Monroe County*
Tuesday, December 9
2:00 - 4:00 PM

Coffee and Conversation
*Oak Leaf Cafe and Bakery
Yates County*
Friday, December 12
10:00 - 11:00 AM

RPO Open Rehearsal
*Eastman Theatre
Monroe County*
Thursday, December 18
3:00 - 5:30 PM

SUPPORT GROUP DESCRIPTION

Caregiver Support Groups create a safe, confidential, supportive environment or community, and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

CAREGIVER SUPPORT GROUPS

Dansville, Livingston

Dansville Public Library
Monday, December 1
1:00 – 2:00 PM

Watkins Glen, Schuyler

St. James'
Episcopal Church
Monday, December 1
6:00 – 7:00 PM

Perinton, Monroe

Perinton Community
Center
Tuesday, December 2
10:00 – 11:30 AM

Victor, Ontario

Victor Farmington
Library
Tuesday, December 2
11:00 – 12:00 PM

Fairport, Monroe

Fairport Public Library
Tuesday, December 2
12:30 – 2:00 PM

Canandaigua, Ontario

Wood Library
Tuesday, December 2
2:00 – 3:30 PM

Virtual Lewy Body Dementia

Wednesday, December 3
2:00 – 3:00 PM

Hornell, Steuben

Hornell Public Library
Thursday, December 4
12:30 – 1:30 PM

Latino Caregivers

HOPAR Christian
Family Center
(Rochester)
Thursday, December 4
1:00 – 2:00 PM

Geneva, Ontario

Geneva Presbyterian
Church
Tuesday, December 9
1:00 – 2:00 PM

Virtual Session

Tuesday, December 9
4:00 – 5:00 PM

Macedon, Wayne

Macedon Public Library
Tuesday, December 9
6:30 – 7:30 PM

Pittsford, Monroe

The Highlands at Pittsford
Wednesday, December 10
11:00 – 12:00 PM

Irondequoit, Monroe

Irondequoit Public Library
Wednesday, December 10
6:00 – 7:00 PM

Virtual Frontotemporal Dementia

Friday, December 12
1:00 – 2:00 PM

Now meets twice per month

Waterloo, Seneca

Seneca County Office
for the Aging
Friday, December 12
2:00 – 3:00 PM

SUPPORT GROUPS CONTINUED

City of Rochester, Monroe

David Gantt Rec Center
Saturday, December 13
11:00 – 12:30 PM

**Date changed due to
Christmas holiday**

Rochester, Monroe

Marian's House
Monday, December 15
11:30 – 12:30 PM

Newark, Wayne

Newark Public Library
Tuesday, December 16
5:45 – 6:45 PM

Horseheads, Chemung

First Presbyterian Church
Wednesday, December 17
11:00 – 12:00 PM

Greece, Monroe

Greece Baptist Church
Wednesday, December 17
3:00 – 4:00 PM

Webster, Monroe

Webster Senior Center
Wednesday, December 17
3:30 – 5:00 PM

Ovid, Seneca

Edith B. Ford
Memorial Library
Wednesday, December 17
5:45 – 6:45 PM

**Date changed due to
Christmas holiday**

Brighton, Monroe

Alzheimer's Association
Office
Thursday, December 18
1:00 – 2:00 PM

**Date changed due to
Christmas holiday**

Geneseo, Livingston

Interfaith Center
Thursday, December 18
1:00 – 2:00 PM

**Date changed due to
Christmas holiday**

Corning, Steuben

Corning Senior Center
Thursday, December 18
2:00 – 3:00 PM

Virtual Loved Ones in ALF/LTC

Thursday, December 18
4:00 – 5:30 PM

**Date changed due to
Christmas holiday**

Virtual Black/African American

Thursday, December 18
6:00 – 7:00 PM

Virtual Frontotemporal Dementia

Friday, December 19
1:00 – 2:00 PM

Now meets twice per month
**Date changed due to
Christmas holiday**

Elmira, Chemung

Steele Memorial Library
Saturday, December 20
1:30 – 2:30 PM

**Date changed due to
Christmas holiday**

Penn Yan, Yates

Penn Yan Public Library
Monday, December 22
4:00 – 5:00 PM

Dundee, Yates

Dundee Library
Tuesday, December 23
4:00 – 5:00 PM

Brockport, Monroe

Seymour Library
Tuesday, December 23
6:30 – 8:00 PM

Men's Morning Virtual

Tuesday, December 30
10:00 – 11:00 AM

Women: Wives and Partners Virtual

Tuesday, December 30
4:00 – 5:30 PM



For more information or to register, Call 800.272.3900

Las Consultas de Cuidado de la Alzheimer's Association son conversaciones personales y privadas para usted y su familia con nuestros profesionales capacitados en el conocimiento del Alzheimer u otras demencias. Estamos aquí para ayudarle a usted y a su ser querido a navegar las decisiones difíciles y las incertidumbres que rodean el vivir con el Alzheimer u otra demencia. Podemos proporcionar consejos sobre cómo involucrarse en actividades significativas y ofrecer dirección sobre estrategias de comunicación y cambios de comportamiento. Nuestro personal ayudará a evaluar sus necesidades y proporcionar asistencia y planificación personalizada. Usted no está solo en este camino. Por favor, llámenos en cualquier momento para programar una cita. Estamos disponibles 24/7 en nuestra Línea de Ayuda: 800.272.3900.

ONE-ON-ONE SUPPORT

Care Consultations from the Association are personal and private conversations for you and your family with our trained professionals in Alzheimer's or another dementia. We are here to help you and your loved one navigate difficult decisions and uncertainties around living with Alzheimer's or another dementia. We can provide tips on how to engage in meaningful activities and offer guidance with communication techniques and behavior changes. Our staff will help to assess your needs and provide personalized assistance and planning. You are not alone in this journey. Please call us anytime to schedule a meeting. We are here 24/7 at 800.272.3900



ALZHEIMER'S  ASSOCIATION®

800.272.3900 | [alz.org](https://www.alz.org)®