



Rochester and Finger Lakes Chapter

January 2026

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

Healthy Living for Your Brain and Body

Livonia Public Library
Thursday, January 8
1:00 - 2:00 PM

Ten Warning Signs

Avon Free Library
Thursday, January 8
6:00 - 7:00 PM

Healthy Living for Your Brain and Body

Ontario, NY Parks and Recreation Dept.
Tuesday, January 13
10:15 - 11:15 AM

Managing Money

Pittsford Community Library
Thursday, January 15
1:00 - 2:00 PM

Managing Money

Watkins Glen Public Library
Tuesday, January 20
12:00 - 1:00 PM

The Empowered Caregiver: Communicating Effectively

Penfield Rec Center
Tuesday, January 20
1:30 - 2:30 PM

Healthy Living for Your Brain and Body

Waterloo Library & Historical Society
Tuesday, January 20
2:00 - 3:00 PM

Managing Money

Penn Yan Public Library
Tuesday, January 20
4:30 - 5:30 PM

New Advances in Alzheimer's Treatments

Seneca Falls Community Center
Wednesday, January 21
12:15 - 1:15 PM

The Empowered Caregiver: Building Foundations of Caregiving

Perinton Community Center
Wednesday, January 21
1:00 - 2:00 PM

The Empowered Caregiver: Building Foundations of Caregiving

Brighton Memorial Library
Wednesday, January 21
2:00 - 3:00 PM

The Empowered Caregiver: Building Foundations of Caregiving

Sands Family YMCA (Canandaigua)
Thursday, January 22
10:00 - 11:00 AM

The Impact of Alzheimer's and Dementia In Our Community

Neighborhood Transformation Center (Elmira)
Thursday, January 22
3:30 - 4:30 PM

Ten Warning Signs

Edith B. Ford Memorial Library (Ovid)
Tuesday, January 27
2:00 - 3:00 PM

Understanding Alzheimer's and Dementia

Dansville Public Library
Wednesday, January 28
1:30 - 2:30 PM

The Impact of Alzheimer's and Dementia In Our Community

Southeast Steuben County Library (Corning)
Thursday, January 29
11:00 - 12:00 PM

VIRTUAL EDUCATION PROGRAMS

The Impact of Alzheimer's Disease and Dementia in the Workplace

Virtual
Wednesday, January 7
12:00 - 1:00 PM

Healthy Living for Your Brain and Body

Virtual
Monday, January 26
6:00 - 7:00 PM

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



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.

RPO Open Rehearsal
Eastman Theatre
Monroe County
Wednesday, January 7
9:00 AM - 12:00 PM

Meet Me at the MAG
Memorial Art Gallery
Monroe County
Tuesday, January 13
2:00 - 4:00 PM

Coffee and Conversation
Oak Leaf Cafe and Bakery
Yates County
Thursday, January 22
10:00 - 11:00 AM

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

Latino Caregivers HOPAR Christian Family Center (Rochester) Need new date 1:00 – 2:00 PM	Dansville, Livingston Dansville Public Library Monday, January 5 1:00 – 2:00 PM	Watkins Glen, Schuyler St. James' Episcopal Church Monday, January 5 6:00 – 7:00 PM	Perinton, Monroe Perinton Community Center Tuesday, January 6 10:00 – 11:30 AM
Victor, Ontario Victor Farmington Library Tuesday, January 6 11:00 – 12:00 PM	Fairport, Monroe Fairport Public Library Tuesday, January 6 12:30 – 2:00 PM	Canandaigua, Ontario Wood Library Tuesday, January 6 2:00 – 3:30 PM	Virtual Lewy Body Dementia Wednesday, January 7 2:00 – 3:00 PM
Hornell, Steuben Hornell Public Library Thursday, January 8 12:30 – 1:30 PM	Virtual Frontotemporal Dementia Friday, January 9 1:00 – 2:00 PM *Now meets twice per month*	Waterloo, Seneca Seneca County Office for the Aging Friday, January 9 2:00 – 3:00 PM	City of Rochester, Monroe David Gantt Rec Center Saturday, December 13 11:00 – 1:00 PM *Extended Time*
Rochester, Monroe Marian's House Monday, January 12 11:30 – 12:30 PM *Date changed due to MLK, Jr. Holiday*	Geneva, Ontario Geneva Presbyterian Church Tuesday, January 13 1:00 – 2:00 PM	Virtual Session Tuesday, January 13 4:00 – 5:00 PM	Macedon, Wayne Macedon Public Library Tuesday, January 13 6:30 – 7:30 PM

SUPPORT GROUPS CONTINUED

<p>Pittsford, Monroe The Highlands at Pittsford Wednesday, January 14 11:00 – 12:00 PM</p>	<p>*NEW GROUP* Elmira Black/African American Economic Opportunity Program (Elmira) Wednesday, January 14 5:30 – 6:30 PM</p>	<p>Irondequoit, Monroe Irondequoit Public Library Wednesday, January 14 6:00 – 7:00 PM</p>	<p>Corning, Steuben Corning Senior Center Thursday, January 15 2:00 – 3:00 PM</p>
<p>Virtual Black/African American Thursday, January 15 6:00 – 7:00 PM</p>	<p>Newark, Wayne Newark Public Library Tuesday, January 20 5:45 – 6:45 PM</p>	<p>Horseheads, Chemung First Presbyterian Church Wednesday, January 21 11:00 – 12:00 PM</p>	<p>Greece, Monroe Greece Baptist Church Wednesday, January 21 3:00 – 4:00 PM</p>
<p>Webster, Monroe Webster Senior Center Wednesday, January 21 3:30 – 5:00 PM</p>	<p>Brighton, Monroe Alzheimer's Association Office Thursday, January 22 1:00 – 2:00 PM</p>	<p>Geneseo, Livingston Interfaith Center Thursday, January 22 1:00 – 2:00 PM</p>	<p>Virtual Loved Ones in ALF/LTC Thursday, January 22 4:00 – 5:30 PM</p>
<p>Virtual Frontotemporal Dementia Friday, January 23 1:00 – 2:00 PM <small>*Now meets twice per month*</small></p>	<p>Elmira, Chemung Steele Memorial Library Saturday, January 24 1:30 – 2:30 PM</p>	<p>Penn Yan, Yates Penn Yan Public Library Monday, January 26 4:00 – 5:00 PM</p>	<p>Men's Morning Virtual Tuesday, January 27 10:00 – 11:00 AM</p>
<p>Dundee, Yates Dundee Library Tuesday, January 27 4:00 – 5:00 PM</p>	<p>Women: Wives and Partners Virtual Tuesday, January 27 4:00 – 5:30 PM</p>	<p>Brockport, Monroe Seymour Library Tuesday, January 27 6:30 – 8:00 PM</p>	<p>Ovid, Seneca Edith B. Ford Memorial Library Wednesday, January 28 5:45 – 6:45 PM</p>



For more information or to register, Call 800.272.3900

APOYO PERSONAL UNO-A-UNO

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®**

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