

| SUN                                                                                                                                                                                                  | MON                                                                                                                                                                                        | TUE                                                                                                                                                                                                                    | WED                                                                                                                                                                          | THU                                                                                                                                                                                                                                                                                                                 | FRI                                                                              | SAT                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>30</b><br>Connect with people living with dementia and their caregivers to share answers, opinions, ideas, and support at <a href="http://ALZConnected.org">ALZConnected.org</a>                  | <b>1</b><br>Caregiver Support Group at St. Martin's Episcopal Church: The Hope & Healing Center @ 3:00 PM                                                                                  | <b>2</b><br><u>Virtual Men's Caregiver Support Group @ 1:30 PM</u><br>-<br><u>Support Group at Brookdale Cypress Station @ 4:30 PM</u><br>-<br><u>Support Group at Good Shepherd United Methodist Church @ 7:00 PM</u> | <b>3</b>                                                                                                                                                                     | <b>4</b><br><u>Support Group at First United Methodist Church Conroe @ 9:30 AM</u><br>-<br><u>Support Group at N. Montgomery County Community Center @ 11:30 AM</u><br>-<br><u>Virtual Caregiver Support Group @ 5:30 PM</u><br>-<br><u>Caregiver Support Group at St. John's United Methodist Church @ 7:00 PM</u> | <b>5</b><br><u>Support Group at First Christian Church in Alvin @ Noon</u>       | <b>6</b>                                                                                |
| <b>7</b><br>Get the tools you need to tackle Alzheimer's and other dementia at <a href="http://training.alz.org">training.alz.org</a>                                                                | <b>8</b><br><u>Exploring Care &amp; Support Services Virtual Caregiver Series - WHAM &amp; AARP Houston @ 11:00 AM</u><br>-<br>Looking Together - Early Stage Social Engagement @ 11:00 AM | <b>9</b><br><u>Caregiver Support Group at First United Methodist @ 11:00 AM</u><br>-<br><u>Amazing Place Caregiver Support Group @ Noon</u><br>-<br><u>Houston Younger Onset Support Group @ 6:00 PM</u>               | <b>10</b><br><u>Caregiver Support Group at Memorial Drive UMC @ 1:00 PM</u><br>-<br><u>The Impact of Alzheimer's in Our Community at Brookdale Cypress Station @ 1:30 PM</u> | <b>11</b>                                                                                                                                                                                                                                                                                                           | <b>12</b><br><u>Hybrid Caregiver Connection Support Group - Galveston @ Noon</u> | <b>13</b>                                                                               |
| <b>14</b><br>Create a personal plan to navigate Alzheimer's disease at <a href="http://alznavigator.org">alznavigator.org</a>                                                                        | Call 800-272-3900 for more information, pre-screening & registration.<br><b>15</b><br><u>Caregiver Support Group at St. Martin's Episcopal Church @ 3:00 PM</u>                            | <b>16</b><br><u>Men's Caregiver Support Group at St. Luke's UMC @ 1:30 PM</u><br>-<br><u>Virtual Caregiver Support Group - The Woodlands @ 7:00 PM</u>                                                                 | <b>17</b><br><u>League City Caregiver Support Group @ 2:00 PM</u>                                                                                                            | <b>18</b><br><u>Caregiver Support Group at RC Miller Library - Beaumont @ 1:30 PM</u><br>-<br><u>Impact of Alzheimer's at Telephone Road Apartments @ 4:00 PM</u>                                                                                                                                                   | <b>19</b>                                                                        | <b>20</b><br><u>Caregiver Support Group at Wheeler Avenue Baptist Church @ 10:00 AM</u> |
| <b>21</b><br>Interested in getting more involved?<br>Let us know at <a href="http://bit.ly/alz-vol">bit.ly/alz-vol</a>                                                                               | <b>22</b>                                                                                                                                                                                  | <b>23</b><br><u>Caregiver Support Group First United Methodist Church - Missouri City @ 11:00 AM</u>                                                                                                                   | <b>24</b>                                                                                                                                                                    | <b>25</b>                                                                                                                                                                                                                                                                                                           | <b>26</b>                                                                        | <b>27</b>                                                                               |
| <b>28</b><br>Do What You Love for the people that you love to ENDALZ!<br>Learn how you can become a part of our newest fundraising event at <a href="http://alz.org/endalzhtx">alz.org/endalzhtx</a> | <b>29</b>                                                                                                                                                                                  | <b>30</b><br><u>Hybrid Spanish Caregiver Support Group at Memorial Drive Presbyterian @ 7:00 PM</u>                                                                                                                    | <b>31</b>                                                                                                                                                                    | <b>1</b><br><u>Support Group at First United Methodist Church Conroe @ 9:30 AM</u><br>-<br><u>Support Group at N. Montgomery County Community Center @ 11:30 AM</u><br>-<br><u>Virtual Caregiver Support Group @ 5:30 PM</u><br>-<br><u>Caregiver Support Group at St. John's United Methodist Church @ 7:00 PM</u> | <b>2</b><br><u>Support Group at First Christian Church in Alvin @ Noon</u>       | <b>3</b>                                                                                |