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<td>2:00 p.m.</td>
<td>10 Warning Signs</td>
<td>12:00 p.m.</td>
<td>Introduction to Alzheimer’s</td>
<td>10:00 a.m. Effective Communication Strategies</td>
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**NOVEMBER 2020**

**ALZHEIMER’S AND THE HOLIDAYS:** Be sure to take note of two unique classes this month about how to navigate the holidays when you are experiencing Alzheimer’s in your family:

- **Joy for the Holidays** on November 11 at 6:00 p.m.
- **Coping Through the Holidays** on November 18 at 12:00 p.m.
10 Warning Signs: Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer’s Association resources.
- Wednesday, November 4 • 2pm – 3pm
- Wednesday, November 18 • 1pm – 2pm

An Attitude of Gratitude: Sometimes it is hard to focus on the positive and to feel grateful. Join us to discover how an Attitude of Gratitude impacts your physical, mental and emotional health and learn ways to cultivate gratitude in your life.
- Tuesday, November 10 • 4pm – 5pm

Coping Through the Holidays: Holidays can be filled with togetherness and laughter, but they can also be stressful after a dementia diagnosis. Because of COVID-19, celebrations may look different this year. As a caregiver, it is important to realize that holidays can continue to be enriching times. Holiday traditions may be different, but they can continue to be wonderful.
- Wednesday, November 18 • 12pm – 1pm

COVID Caregiving: Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.
- Tuesday, November 10 • 2pm – 3pm

Dementia Conversations: Get tips for breaking the ice with your family, so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making plans for future care.
- Monday, November 16 • 12pm – 1pm

Effective Communication Strategies: Explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.
- Friday, November 6 • 10am – 11am
- Tuesday, November 10 • 6pm – 7pm
- Friday, November 20 • 10am – 11am

Healthy Living for Your Brain and Body: Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.
- Friday, November 13 • 2pm – 3pm

Introduction to Alzheimer’s: Hear a brief overview of Alzheimer’s disease, dementia and the Alzheimer’s Association services. Topics include the impact of Alzheimer’s, risk factors, warning signs and how others can join the fight against the disease.
- Thursday, November 5 • 12pm – 1pm

Joy for the Holidays: Understanding and Responding to Dementia-related Behavior: This session uses the curriculum of understanding and responding to dementia related behavior with holiday themed examples to help caregivers, loved ones and persons with dementia develop tactics and strategies to find joy throughout the holiday season.
- Wednesday, November 11 • 6pm – 8pm

Legal and Financial Planning: Learn about making legal plans, legal documents you’ll need if facing an Alzheimer’s diagnosis and what they mean for you; how to find legal and financial assistance; practical strategies for making a long-term care plan; tax deductions and credits; and government programs that can help pay for care.
- Monday, November 9 • 4pm – 5pm

Understanding Alzheimer’s and Related Dementia: Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.
- Tuesday, November 17 • 2pm – 3pm

Understanding and Responding to Dementia-related Behavior: Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.
- Thursday, November 12 • 1pm – 2pm
- Monday, November 30 • 1pm – 2pm