MINDS IN MOTION • KANSAS CITY, MO • **Wednesday, October 2**
The Nelson-Atkins Museum of Art, in partnership with the Alzheimer’s Association – Heart of America Chapter, provides free gallery tours for people with memory loss and their caregivers. These tours are the first Wednesday of every month at 1:00 p.m., 45th and Oak. October’s program is “Home Sweet Home.” Explore Chinese furniture and discover what it tells us about the homes and traditions in China. Call 816.751.1ART to register.

MOVIES AND MEMORIES • KANSAS CITY, MO • **Wednesday, October 2**
These monthly movies are part of a special, intergenerational cinema series for individuals with dementia, their friends, and families and occur on the first Wednesday of the month at the Kansas City Public Library, Plaza Branch, 4801 Main Street, at 10:30 a.m.. October’s program is “Dance.” Come and sing and clap along with Richelle Basgall and the ALZ Jazz Band. For more information, please contact Heather Harrison at 816.701.3763.

COGNITIVE LEARNING SERIES • NORTH KANSAS CITY, MO • **Thursday, October 3**
This “Dance to the Music” session will show you how dancing’s repetitive motions may help stimulate the brain. Dancing is also a fun way to socialize while getting some exercise. Join our dance party! North Kansas City Hospital Wellness Corner at Zona Rosa, 7322 NW 87th Terrace, 4 – 5 p.m. To register, call 816.691.5095 or logon to nkch.org/healthed

REMOTE LEARNING SERIES • **Wednesday, October 9**
This Remote Learning Series is bringing education to the community and providing the opportunity to attend a session close to home. Please join us for a monthly program to learn about memory disorders and the challenges associated with managing them. Programs are held at the Padula Education Center, 3856 W. 75th Street, Prairie Village, KS 66208 from 1:00 – 2:00 p.m. and also at various other locations in the communities we serve. Those locations are listed on our website, alz.org/kansascity. October’s topic is “Effective Communication Strategies.”

MEMORY CAFE • KANSAS CITY, MO • **Tuesday, October 15**
Memory Cafe provides a safe place to learn and socialize for those living with dementia and their care partners, and offers opportunities to meet people, explore new ideas, and stay engaged in the community. Kansas City Public Library, Plaza Branch, 4801 Main Street, 10:30 a.m., on the third Tuesday of each month. October’s theme is “Quixotic.” Come enjoy the dance, music, and imagination of Quixotic. This innovative performance art collective will be a multi-sensory, interactive event. Contact: Heather Harrison at 816.701.3763.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR
LEE’S SUMMIT, MO • **Thursday, October 17**
When language is lost, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with common challenges. 6:00 – 7:30 p.m., First Baptist Church, 2 NE Douglas.
RIVALZ • KANSAS CITY, MO • Saturday, October 19
Come out to support the women and their coaches at this women’s flag football game. This fun, yet competitive game shows the fierce passion that these individuals have for ending Alzheimer’s. rivalzkc.org

COGNITIVE LEARNING SERIES • NORTH KANSAS CITY, MO • Wednesday, October 23
This “Cognition and Lewy Body Dementia” session will teach you about Lewy body dementia, how to identify the signs and symptoms, and how cognitive rehabilitation can help. North Kansas City Hospital Wellness Corner at Zona Rosa, 7322 NW 87th Terrace, 6 – 7 p.m. To register, call 816.691.5095 or logon to nkch.org/healthed

JAM SESSION • PRAIRIE VILLAGE, KS • Friday, October 24
An informal jam session for musicians with early stage memory loss and musicians who are caregivers. Padula Education Center, 3856 W. 75th Street, 1:00 – 2:00 p.m. Jam Session occurs on the fourth Thursday of each month. No experience is necessary, just a love for music. For more information, contact Erik Wray at 913.831.3888 or ewwray@alz.org.

ARTS AND INSPIRATION • PRAIRIE VILLAGE, KS • Thursday, October 24
Creative encounters for the person with Alzheimer’s. Group meets at the same time their care partners are attending a support group in the same building, but a separate room. 10:00 a.m., on the fourth Thursday of each month. Padula Education Center, 3856 W. 75th Street. For more information, contact Darcy Letourneau at 913.831.3888 or dletourneau@alz.org

LEGAL AND FINANCIAL PLANNING • INDEPENDENCE, MO • Friday, October 25
If you or someone you love is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about the legal and financial issues to consider when faced with Alzheimer’s disease, and how to put plans in place. The Palmer Center, 218A North Pleasant Street. 10:00 – 11:30 a.m.

WALK TO END ALZHEIMER’S
alzheimer’s association

WALK SEASON IS WRAPPING UP!
Join us at one of our October Walks:
Emporia, KS - Sunday, October 6 - alzwalkemporia.org
Kansas City - Sunday, October 6 - alzwalkkc.org
You can donate to any Walk to End Alzheimer’s through December 31, 2019 at alz.org/walk

In the events listed above, if a phone number for registering is not listed, please call 800.272.3900 or logon to communityresourcefinder.org to register. Once you are logged on, click on ALZHEIMER’S ASSOCIATION PROGRAMS AND EVENTS, then click on a category and enter your zipcode into the search.

Our work is only possible with help and support of volunteers. Check out all volunteer opportunities at:
volunteer.alz.org