

## Early-Stage Program Guide: Spring Sessions

The Alzheimer's Association Oregon & SW Washington Chapter is excited to offer a variety of programs for individuals in the early stages of Alzheimer's disease, dementia, or mild cognitive

### Early-Stage Support Group

The Alzheimer's Association's early-stage support groups are designed to provide emotional, educational and social support for caregivers and people in the early stage of Alzheimer's disease or other dementias.

#### Tigard Senior Center:

**Fridays, Apr. 10, 17, 24, May 1, 8**

**1 to 2:30 p.m.**

8815 SW Omara St., Portland, OR 97223

#### Alzheimer's Association Portland Office:

**Tuesdays, Apr. 7, 14, 21, 28, May 5**

**1:30 to 3 p.m.**

1650 NW Naito Parkway, Portland, OR 97209

#### Milwaukie Senior Center:

**Fourth Thursday of the month from 2-3:30 p.m.**

5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

### Memories in the Making (MIM)

MIM provides a creative way to communicate and capture precious moments through watercolor art. The creative process and the stories that evolve from MIM are as important and meaningful as the artwork itself. No art experience is necessary.

#### Home Matters Caregiving

**Fridays, 10-11:30 a.m., Mar. 20, 27, Apr. 3, 10, 17, 24**

4875 SW Franklin Ave., Beaverton, OR 97005

#### Alzheimer's Association Portland Office

**Fridays, 1-2:30 p.m.**

**Mar. 13, 20, 27, Apr. 3, 10, 17, 24, May 8**

1650 NW Naito Parkway, Suite 190, Portland

#### Lake Oswego Adult Community Center

**Mondays, 1-2:30 p.m., April 6, 13, 20, and 27**

505 G Ave. Lake Oswego, OR 97034

For more information or to register, call **1.800.272.3900** or visit **alz.org/orswwa**.

## Sing Here Now

Sing Here Now is a community choir that provides an opportunity for people in the early stages of Alzheimer's disease, as well as their care partners, to enjoy music and socialize with others. No musical experience is necessary.

### Beaverton Choir Practice Dates:

**Fridays, 10:30 am-12 pm**

**Jan. 31, Feb. 7, 14, 21, 28, Mar. 13**

*Practice is cancelled March 6th.*

Southminster Presbyterian Church

12250 SW Denney Road, Beaverton, OR

### Portland Choir Practice Dates:

**Thursdays, 12:00-1:30 pm**

**Jan. 30, Feb. 6, 13, 20, 27, Mar. 5, 12**

Alzheimer's Assoc. Portland Office

1650 NW Naito Parkway, #190, Portland, OR

### Vancouver Choir Practice Dates:

**Thursdays, 10:30 a.m.-12 p.m.**

**Jan. 30, Feb. 6, 13, 20, 27, Mar. 5, 12**

Mannahouse Church

14313 Mill Plain Boulevard, Vancouver, WA

## artNOW

The Alzheimer's Association partners with the Portland Art Museum to offer a series of relaxing and creative gallery tours and art-making classes. By combining discussion-based gallery tours of the museum's collection with art-making activities, artNOW encourages experimentation with a wide range of materials. Registration is required.

**Portland Art Museum ( 1219 SW Park Ave, Portland, OR 97205)**

**Thursdays, 1 to 3 p.m.**

**Session 1: March 5, 12, 19**

**Session 2: May 7, 14, 21**

For more information or to register, call **1.800.272.3900** or visit **alz.org/orswwa**.