

Ongoing *Events, Classes & Support* at our Dementia Care and Education Campus



For questions or to register, email
events@dementiacampus.org
or call (602) 767-8300

Our skilled dementia team is excited to share effective approaches to help family caregivers and our whole community navigate the challenges of the dementia journey with knowledge and compassion.

All classes and support groups are provided at no charge. For details, please visit DementiaCampus.org.

IN-PERSON GATHERINGS

Memory Café

Mondays • 10–11:15 a.m.
Wednesdays • 2–3:15 p.m.

Care partners enjoy stimulating conversation in educational and support sessions. People with dementia participate in engaging activities provided by professional caregivers.

Joyful Jams: Music, Connection and Joy Thursdays • 1-2 p.m.

We invite those living with dementia and their care partners to experience the magic of music. Join our campus music therapist to enjoy familiar songs, find connection through music and stimulate long-term memory.

Gather

Wednesdays • 12:30–1:30 p.m.

A welcoming, peer-led support group for people diagnosed with Mild Cognitive Impairment (MCI).

Helping Hands

1st Friday/month • 11 a.m.–Noon

A fun volunteer hour for people living with dementia who want to give back.

SPECIAL PRESENTATIONS

Dementia Experience and Education

Saturday, Sept. 12 • 9 a.m.–Noon

Saturday, Oct. 10 • 9 a.m.–Noon

Saturday, Nov. 7 • 9 a.m.–Noon

Saturday, Dec. 12 • 9 a.m.–Noon

An immersive experience that presses participants to perform everyday tasks as if they were living with cognitive impairment. Followed by a review of common types of dementia and how progressive brain changes impact thinking, functioning and behaviors. *(Registration required.)*

ADULT DAY CLUB

Monday–Friday • 9–5 p.m.

Private-pay respite that offers stimulating programming designed to create cognitive engagement.

We also offer personalized in-home support and education through our *Supportive Care for Dementia* program. Call for details.

VIRTUAL CLASSES

FTD Care Partner Support Group

4th Tuesday of Month • Noon–1 p.m.

A place to receive emotional support, share experiences and learn practical tools for navigating the unique challenges of FTD.

Support Groups for Dementia Caregivers

Tuesdays • 10–11 a.m.

Wednesdays • Noon–1 p.m.

Join other care partners while remaining in the comfort of your home to discuss the stresses, challenges and rewards of providing care for a person living with dementia.

Memories of the Heart

1st & 3rd Tuesdays • 10:30 a.m.–Noon

Support for those experiencing loss when a loved one dies of dementia.

Dementia Bytes

Thursdays • Noon–12:45 p.m.

20 minutes of dementia education followed by a 25-minute Q&A. Bring your questions.

Saturday Mindfulness

Saturdays • 9:30–10:30 a.m.

Feeling stressed? Practice focusing on the present and living in the moment.

Visit dementiacampus.org
for Zoom info



SCAN FOR ALL CLASSES



DEMENTIA CARE
and EDUCATION
CAMPUS

3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 dementiacampus.org

An innovation of Hospice of the Valley