

## Community Education Program Schedule

These programs are free and open to the public, but pre-registration is required. **For more information, or to register please call 888-280-6055.** Dial extension 102 for information on cancellation or delays during inclement weather.

Visit [www.alznj.org/services/education-and-training/](http://www.alznj.org/services/education-and-training/) for the most current education program schedule.



Program	Date/Time	Location
<b>Visiting the Person with Alzheimer's Disease</b> As Alzheimer's disease and other forms of dementia progress, visiting may become increasingly difficult. This program provides practical techniques to enhance visiting; helping participants find new ways to communicate and interact throughout all stages of the disease.	Wednesday, February 15 6 p.m. – 7 p.m.	Chelsea at Montville 165 Changebridge Road, Montville
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Thursday, February 23 1:30 p.m. – 2:30 p.m.	Lodi Memorial Library One Memorial Drive, Lodi
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Tuesday, February 28 7 p.m. – 8 p.m.	Glen Ridge Public Library 240 Ridgewood Avenue, Glen Ridge
<b>Late Stage Alzheimer's Disease: An Intensive for Caregivers</b> An intensive, multi-part education program that provides information for caregivers specific to the late stage of Alzheimer's disease.	(Part One) Friday, March 3 (Part Two) Friday, March 10 9:30 a.m. – 11:30 a.m.	Hackensack Meridian Health Fitness and Wellness Center 87 Route 17, Maywood

Program	Date/Time	Location
<b>Coping with Behavior Changes in Alzheimer's Disease</b> Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what those behaviors mean, and how to cope when behaviors are challenging.	Tuesday, March 7 7 p.m. – 8 p.m.	Wayne Public Library 461 Valley Road, Wayne
<b>Communication Tips and Techniques in Alzheimer's Disease</b> As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease.	Wednesday, March 8 7 p.m. – 8 p.m.	Ridgewood Public Library 125 N. Maple Avenue, Ridgewood
<b>Coping with Behavior Changes in Alzheimer's Disease</b> Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what those behaviors mean, and how to cope when behaviors are challenging.	Thursday, March 9 1 p.m. – 2 p.m.	Westwood Public Library 49 Park Avenue, Westwood
<b>Coping with Caregiver Stress</b> This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Tuesday, March 14 10 a.m. – 11 a.m.	We Care Adult Day Care Union Square Shopping Center 552 Route 35, Red Bank
<b>Communication Tips and Techniques in Alzheimer's Disease</b> As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease.	Tuesday, March 14 2 p.m. – 3 p.m.	Capital Health Medical Center – Hopewell (4 <sup>th</sup> Floor Conference Room off the Gold Elevators) One Capital Way, Pennington
<b>Coping with Caregiver Stress</b> This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Tuesday, March 14 7 p.m. – 8 p.m.	Rutherford Public Library 150 Park Avenue, Rutherford

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<b>Communication Tips and Techniques in Alzheimer's Disease</b> As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease.	Thursday, March 16 6:30 p.m. – 7:30 p.m.	Montclair Public Library 50 S. Fullerton Avenue, Montclair
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Friday, March 17 10 a.m. – 11 a.m.	Presbyterian Church in Westfield 140 Mountain Ave, Westfield
<b>Healthy Aging: Tips for Your Body and Brain</b> Learn about the latest research on how lifestyle factors may affect our physical and cognitive health and how to incorporate healthy habits into your daily routine.	Tuesday, March 21 1 p.m. – 2 p.m.	Englewood Public Library 31 Engle Street, Englewood
<b>Coping with Behavior Changes in Alzheimer's Disease</b> Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what those behaviors mean, and how to cope when behaviors are challenging.	Wednesday, March 22 10:30 a.m. – 11:30 a.m.	Ocean County Library, Jackson Branch 2 Jackson Drive, Jackson
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, March 22 11 a.m. – 12 p.m.	Paterson Public Library 250 Broadway, Paterson
<b>Ocean County Caregiver Conference Alzheimer's Disease: Approaches to Care</b> This half-day conference for caregivers will provide practical information about how to cope with the unique challenges of caring for someone with Alzheimer's disease.	Saturday, March 25 8:30 a.m. – 12:30 p.m.	The Family Resource Center at Meridian Fitness and Wellness 700 Route 9 South, West Creek, NJ
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Tuesday, March 28 11 a.m. – 12 p.m.	Meridian Fitness & Wellness Center 1420 Route 36, Hazlet

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<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Tuesday, March 28 2 p.m. – 3 p.m.	Ocean County Library, Plumsted Branch 19 Evergreen Road, New Egypt
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Tuesday, March 28 6 p.m. – 7 p.m.	The Dorothy B. Kraft Center at Valley Hospital 15 Essex Road, Paramus
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, March 29 12:30 p.m. – 1:30 p.m.	East Orange Family Success Center 60 Evergreen Place, Suite 307, East Orange
<b>Understanding Memory Loss</b> This program explores the difference between normal age-related memory changes and changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs.	Thursday, March 30 2 p.m. – 3 p.m.	Morris County Library 30 East Hanover Avenue, Whippany <i>Light refreshments will be provided by Seniors Helping Seniors Home Care Services.</i>
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Saturday, April 1 10:30 a.m. – 11:30 a.m.	JFK Adult Medical Day Program 3 Progress Street, Edison
<b>Understanding Memory Loss</b> This program explores the difference between normal age-related memory changes and changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs.	Tuesday, April 4 1 p.m. – 2 p.m.	Holy Name Medical Center, Marion Hall, 718 Teaneck Road, Teaneck
<b>Coping with Behavior Changes in Alzheimer's Disease</b> Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what those behaviors mean, and how to cope when behaviors are challenging.	Tuesday, April 4 7 p.m. – 8 p.m.	Ridgewood Public Library 125 N. Maple Avenue, Ridgewood

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<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, April 5 10 a.m. – 11 a.m.	Atrium Senior Living at Park Ridge 124 Noyes Drive, Park Ridge
<b>Healthy Aging: Tips for Your Body and Brain</b> Learn about the latest research on how lifestyle factors may affect our physical and cognitive health and how to incorporate healthy habits into your daily routine.	Tuesday, April 11 11 a.m. – 12 p.m.	Ocean County Library, Waretown Branch 112 Main Street, Waretown
<b>Communication Tips and Techniques in Alzheimer's Disease</b> As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease.	Tuesday, April 11 3 p.m. – 4 p.m.	Ocean County Library, Upper Shores Branch 112 Jersey City Ave, Lavallette
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, April 19 12 p.m. – 1 p.m.	Hackettstown Medical Center, Center for Healthier Living 108 Bilby Road, Suite 101, Hackettstown
<b>Alzheimer's 101</b> This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, April 19 7 p.m. – 8 p.m.	Springfield Free Public Library 66 Mountain Avenue, Springfield