

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/ for the most current education program schedule.



Program	Date/Time	Location
Sussex County Caregiver Conference Alzheimer's Disease: Approaches to Care 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, October 21 8:30 a.m. – 12:30 p.m.	Newton Medical Center – Romano Conference Center 175 High Street, Newton <i>A light breakfast will be provided.</i>
Healthy Aging: Tips for Your Body and Brain 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.	Monday, October 23 10:00 a.m. – 11:00 a.m.	Wood-Ridge Senior Center 495 Highland Avenue, Wood-Ridge <i>Presented in coordination with the Wood-Ridge Memorial Library and Recreation Department.</i>
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Tuesday, October 24 11:00 a.m. – 12:00 p.m.	Visiting HomeCare Service of Ocean County 105 Sunset Ave, Toms River
Healthy Aging: Tips for Your Body and Brain 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, October 24 12:45 p.m. – 1:45 p.m.	Bergen Family Center, Family Success Center, Second Floor 44 Armory Street, Englewood

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Safety Considerations in Alzheimer's Disease Alzheimer's disease causes progressive changes in abilities and judgement. This program provides practical tips to address the safety needs of a loved one with Alzheimer's.	Tuesday, October 24 7:00 p.m. – 8:00 p.m.	River Edge Public Library 685 Elm Avenue, River Edge
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Wednesday, October 25 11:30 a.m. – 12:30 p.m.	Newark Beth Israel Medical Center, Center for Geriatric Health 156 Lyons Avenue, Newark
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Thursday, October 26 1:00 p.m. – 2:00 p.m.	Glen Rock Public Library 315 Rock Road, Glen Rock
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's and other forms of dementia.	Wednesday, November 1 9:30 a.m. – 10:30 a.m.	Piscataway Senior Center 700 Buena Vista Avenue, Piscataway
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Wednesday, November 1 4:30 p.m. – 5:30 p.m.	St. Peter's Adult Day Center 200 Overlook Drive Monroe Township
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, November 1 7:00 p.m. – 8:00 p.m.	Florham Park Public Library 107 Ridgedale Avenue, Florham Park <i>Presented in coordination with the Pequannock Township Public Health Department.</i>
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Thursday, November 2 11:00 a.m. – 12:00 p.m.	Hudson Hills Senior Living 3505 Bergen Turnpike North Bergen

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Union / Essex County Caregiver Conference Alzheimer's Disease: Approaches to Care 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, November 4 8:30 a.m. – 12:30 p.m.	Union County College 1033 Springfield Avenue, Cranford <i>A light breakfast will be provided.</i>
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Monday, November 6 3:30 p.m. – 4:30 p.m.	Alaris Health at The Atrium 330 Ninth Street, Jersey City
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, November 8 1:00 p.m. – 2:00 p.m.	Sunrise of Cresskill 3 Tenakill Park Drive E. Cresskill
Communication Tips and Techniques in Alzheimer's Disease 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, November 8 6:30 p.m. – 7:30 p.m.	Chelsea at Warren 274 King George Road, Warren <i>A light dinner will be served at 6 p.m.</i>
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Thursday, November 9 11:00 a.m. – 12:00 p.m.	Old Bridge Public Library One Old Bridge Plaza, Old Bridge
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Thursday, November 9 1:00 p.m. – 2:00 p.m.	Sunrise of East Brunswick 190 Summerhill Road, East Brunswick <i>A light lunch will be served at noon.</i>
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate	Thursday, November 9 4:00 p.m. – 5:00 p.m.	Ramsey Senior Center 205 Church Street, Ramsey

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away from home, and cope with stress.		
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Monday, November 13 7:00 p.m. – 8:00 p.m.	St. Dominic's Roman Catholic Church 250 Old Squan Road, Brick
How Do We Navigate Our "New Normal"? A Caregiver Seminar for Young Adults This seminar will provide young caregivers with practical information about how to cope with the unique challenges of caring for someone with Alzheimer's disease or other dementias.	Monday, November 13 6:00 p.m. – 8:00 p.m.	Cricket Hill Brewery 24 Kulick Road, Fairfield <i>Light snacks will be provided.</i>
Visiting the Person with Alzheimer's Disease As Alzheimer's disease and other forms of dementia progress, visiting may become increasingly difficult. This program provides practical techniques to enhance visiting.	Tuesday, November 14 11:00 a.m. – 12:00 p.m.	Warren Haven Rehabilitation & Nursing Center 350 Oxford Road Oxford
Residential Care Options: Finding the Right Fit for Your Family This program is designed to guide caregivers through the process of selecting the most appropriate care setting; providing an overview of the options and highlighting factors to consider when choosing this new home.	Tuesday, November 14 2:00 p.m. – 3:00 p.m.	Capital Health Medical Center – Hopewell (NJ Pure Conference Rooms A and B) One Capital Way, Pennington
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Tuesday, November 14 6:00 p.m. – 7:00 p.m.	Oak Ridge Rehabilitation and Nursing Center 261 Terhune Drive, Wayne
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, November 15 9:00 a.m. – 10:00 a.m.	Central Regional Office – ALZNJ 197 Route 18 South, Suite 308 North, East Brunswick

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Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, November 15 10:00 a.m. – 11:00 a.m.	Kip Center 55 Kip Avenue, Rutherford
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, November 15 10:00 a.m. – 11:00 a.m.	Community Medical Center 99 Highway 37 West Toms River
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Wednesday, November 15 11:00 a.m. – 12:00 p.m.	Sparta Public Library 22 Woodport Road, Sparta
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, November 15 1:00 p.m. – 2:00 p.m.	Senior Care Adult Day Care Center 211 South Main Street, Cape May Courthouse
Healthy Aging: Tips for Your Body and Brain 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.	Wednesday, November 15 1:00 p.m. – 2:00 p.m.	Jersey City Free Public Library, West Bergen Branch 476 West Side Avenue, Jersey City
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, November 15 1:00 p.m. – 2:00 p.m.	Livingston Community Center 204 Hillside Avenue, Livingston
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Wednesday, November 15 1:00 p.m. – 2:00 p.m.	Riverview Medical Center 1 Riverview Plaza, Red Bank

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Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, November 15 1:00 p.m. – 2:00 p.m.	Voorhees Public Library 203 Laurel Road, Voorhees
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Wednesday, November 15 2:30 p.m. – 3:30 p.m.	House of the Good Shepherd 798 Willow Grove Street, Hackettstown
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, November 15 3:00 p.m. – 4:00 p.m.	Hunterdon Medical Center 215 Route 31, Flemington
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Wednesday, November 15 3:30 p.m. – 4:30 p.m.	Wayne Public Library 461 Valley Road, Wayne
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, November 15 4:00 p.m. – 5:00 p.m.	Senior Care Adult Day Care Center 1137 Highway 37, Bridgeton
Coping with Behavior Changes in Alzheimer's Disease Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what behaviors mean, and how to cope when behaviors are challenging.	Wednesday, November 15 6:00 p.m. – 7:00 p.m.	WISE Adult Day Services United Methodist Church 2095B Berwyn Street, Union
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Wednesday, November 15 6:45 p.m. – 7:45 p.m.	VNA of Somerset Hills 200 Mt. Airy Road, Basking Ridge <i>A light dinner will be served at 6 p.m.</i>

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Visiting the Person with Alzheimer's Disease As Alzheimer's disease and other forms of dementia progress, visiting may become increasingly difficult. This program provides practical techniques to enhance visiting.	Thursday, November 16 6:30 p.m. – 7:30 p.m.	Avalon at Hillsborough 393 Amwell Road, Hillsborough
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Friday, November 17 10:00 a.m. – 11:00 a.m.	Chilton Medical Center, Auditorium 97 West Parkway, Pompton Plains
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Tuesday, November 21 1:00 p.m. – 2:00 p.m.	Jewish Community Center 100 Grant Street, Deal
Coping with Behavior Changes in Alzheimer's Disease Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what behaviors mean, and how to cope when behaviors are challenging.	Tuesday, November 28 12:00 p.m. – 1:00 p.m.	New Jersey State Library 185 West State St. – 5 th FL Trenton
Middle Stage Alzheimer's Disease: An Intensive for Caregivers (Part 1 of 2) An intensive, multi-part education program that provides information for caregivers specific to the middle stage of Alzheimer's disease.	Tuesday, November 28 12:00 p.m. – 2:00 p.m.	HackensackUMC at Pascack Valley 250 Old Hook Road, Westwood
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Tuesday, November 28 7:00 p.m. – 8:00 p.m.	SAGE Eldercare 290 Broad Street, Summit
Communication Tips and Techniques in Alzheimer's Disease 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, November 29 7:00 p.m. – 8:00 p.m.	Riverdale Public Library 93 Newark Pompton Turnpike Riverdale

Program	Date/Time	Location
Coping with Behavior Changes in Alzheimer's Disease Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what behaviors mean, and how to cope when behaviors are challenging.	Thursday, November 30 1:00 p.m. – 2:00 p.m.	Morristown Medical Center Health Pavilion – Community RM 333 Mount Hope Avenue, 3 rd FL, Rockaway
Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.	Thursday, November 30 6:30 p.m. – 7:30 p.m.	Dowdell Public Library of South Amboy 100 Hoffman Place South Amboy
Middle Stage Alzheimer's Disease: An Intensive for Caregivers (Part 2 of 2) An intensive, multi-part education program that provides information for caregivers specific to the middle stage of Alzheimer's disease.	Tuesday, December 5 12:00 p.m. – 2:00 p.m.	HackensackUMC at Pascack Valley 250 Old Hook Road, Westwood
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Tuesday, December 5 5:30 p.m. – 6:30 p.m.	Morristown Medical Center – Outpatient Medicine Building 435 South Street Morristown
Celebrating the Holidays When Your Loved One Has Alzheimer's Disease Changes brought on by Alzheimer's can impact how families celebrate holidays. This program highlights ways to modify traditions, celebrate away from home, and cope with stress.	Tuesday, December 5 7:00 p.m. – 8:00 p.m.	Atria - Roseland 345 Eagle Rock Avenue, Roseland
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Wednesday, December 6 6:00 p.m. – 7:00 p.m.	Bloomfield Public Library 90 Broad Street, Bloomfield
Visiting the Person with Alzheimer's Disease As Alzheimer's disease and other forms of dementia progress, visiting may become increasingly difficult. This program provides practical techniques to enhance visiting.	Thursday, December 7 6:00 p.m. – 7:30 p.m.	Parker at McCarrick 15 Dellwood Lane, Somerset

Program	Date/Time	Location
Understanding Memory Loss This program explores the difference between normal age-related memory changes and changes associated with Alzheimer's disease and other forms of dementia.	Monday, December 11 1:30 p.m. – 2:00 p.m.	Senior Source – Riverside Square Mall – 2 nd FL 310 Riverside Sq. Mall, Hackensack
Healthy Aging: Tips for Your Body and Brain 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, December 12 11:00 a.m. – 12:00 p.m.	Generations 4 Garfield @ VFW 340 Outwater Lane, Garfield
Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver.	Tuesday, December 12 1:00 p.m. – 2:00 p.m.	Sunrise of Jackson 390 N. County Line Road, Jackson <i>A light lunch will be served at noon.</i>