

VIRTUAL EARLY STAGE PROGRAMS

If you or someone you know has been recently diagnosed with Alzheimer's disease, mild cognitive impairment (MCI), or another type of dementia and is living in the early stages, please join us for these programs specially designed to help you and your family.

All programs are FREE. Please register prior to attending. To register call or email Meghan Donahue at 720.699.9289 ext 9642, mmdonahue@alz.org or Dawn Simmons at 970.387.6123, dmsimmons@alz.org.

STAY SOCIAL

Social Hour	A welcoming gathering place where people living with memory loss and their care partner can come to socialize with others and enjoy a cup of coffee, an activity, or a presentation.	3rd Wednesday of the month	5:00 — 6:00 pm	By Video Conference: <i>Please contact the above listed staff member to get the information to join</i>
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STAY SUPPORTED

Early Stage Support Group for Care Partner	Early stage support groups are offered to individuals who care for someone with early memory loss, who have been diagnosed with Mild Cognitive Impairment, Early Stage Alzheimer's or a related disorder.	1st and 3rd Thursday of the month	11:00 am — 12:00 pm	By Video Conference: <i>Please contact the above listed staff member to get the information to join</i>
Early Stage Support Group for Person living with dementia	Early stage support groups are offered to individuals with early memory loss, who have been diagnosed with Mild Cognitive Impairment, Early Stage Alzheimer's or a related disorder.	1st and 3rd Thursday of the month	2:00 — 3:00 pm	By Video Conference: <i>Please contact the above listed staff member to get the information to join</i>

STAY CONNECTED

Denver Botanic Gardens	<p>In partnership with the Colorado SPARK! program, Denver Botanic Gardens offers a virtual, interactive experience connecting guests with early memory loss and their families to cultural experiences and meaningful connections</p>	<p>Wednesday, September 9th</p> <p>Wednesday, October 14th</p> <p>Wednesday, November 11th</p> <p>Wednesday, December 9th</p>	<p>10:00 — 11:00 am</p> <p>10:00 — 11:00 am</p> <p>10:00 — 11:00 am</p> <p>10:00 — 11:00 am</p>	<p>Please register by visiting:</p> <p>https://bit.ly/3iPmZL8</p>
Lone Tree Arts Center	<p>Join us for an interactive, virtual discussion of the Lone Tree Photo Show. <i>Exploring the Light</i> is presented by the Lone Tree Arts Commission and the Lone Tree Photo Club.</p>	<p>Thursday, September 17th</p>	<p>1:30 — 2:30 pm</p>	<p>Please register by visiting:</p> <p>https://bit.ly/2Y8R2FG</p>
Boulder Symphony	<p>Join us for a virtual concert brought to you by the Boulder Symphony.</p>	<p>Tuesday, October 20th</p> <p>Tuesday, December 22nd</p>	<p>11:00 am — 12:00 pm</p> <p>11:00 am — 12:00 pm</p>	<p>Please register by visiting:</p> <p>http://bit.ly/SPBS_oct_20</p> <p>http://bit.ly/SPBS_dec_22</p>
CU Museum of Natural History	<p>The CU Boulder Museum of Natural History is home to the largest natural history collection in the Rocky Mountain region. Join Jim Hakala, Senior Educator, and Caiden Feldmiller, Graduate Assistant, for a hands-on program that will explore bird migrations and help you prepare winter bird feeders using simple household objects.</p>	<p>Thursday, October 22nd</p>	<p>10:00 — 11:00 am</p>	<p>Please register by visiting:</p> <p>https://conta.cc/2YueJrX</p>
Colorado Model Railroad Museum	<p>Join us for a holiday virtual tour of the Colorado Model Railroad Museum.</p>	<p>Monday, December 14th</p>	<p>2:00 — 3:00 pm</p>	<p>Please register by visiting:</p> <p>http://bit.ly/SPCMRM_dec_7</p>

STAY CREATIVE

Memory Café	<p>Virtual Memory Cafe is a fun place to socialize, relax, and engage with people experiencing memory loss and their families/caregivers. Each cafe has a focus—such as music or art—to facilitate the main goal, which is a social connection for individuals with shared experiences. At the Memory Cafe, you can just be yourself -- without worrying about remembering or forgetting.</p>	<p>Every Tuesday</p>	<p>1:30 — 2:30 pm</p>	<p>Please Register by visiting: https://bit.ly/3g6Rryz</p>
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STAY ACTIVE

Vintage Moves Virtual	<p>Repetition of simple movements with modifications and adaptations is our specialty. We'll introduce you to what we're doing and ease you into the fun of moving to great music and moving in new ways that energize and gently challenge.</p>	<p>Friday, weekly *will not meet 9/11/2020</p>	<p>9:00 — 10:00 am</p>	<p>Please register by emailing Laura at: laura@vintagemoves.co</p>
First-timers Participant tips	<p>This precedes class participation and coaches you on how to participate .</p>	<p>1st Friday of the month</p>	<p>8:45 — 9:00 am</p>	<p>Please register by emailing Laura at: laura@vintagemoves.co</p>
Quick Reboot	<p>In this 30 minutes of Self Care exercise you will use the tools from the Gems of Excellence to de-stress current issues, challenges, frustrations and road-blocks.</p>	<p>Tuesday, weekly</p>	<p>4:30 — 5:00 pm</p>	<p>Please register by emailing Laura at: laura@vintagemoves.co</p>

*Please email Laura Olinger at Vintage Moves with you name, email address, phone number and which class (es) you're interested in to ensure she has you registered.

STAY INFORMED

<p>Living with Alzheimer's: Younger Onset</p>	<p>When someone under the age of 65 is diagnosed with Alzheimer's disease, it can be a shock. A diagnosis of younger-onset Alzheimer's raises questions about work, relationships and planning for the future. Join us for this program that provides information and insight, and hear from others facing the disease as they discuss tips and strategies for living well with younger-onset Alzheimer's.</p>	<p>Tuesday, September 22nd</p>	<p>10:00 — 11:30 am</p>	<p>Please register by visiting: https://bit.ly/LWAYO_sep_22</p>
<p>Living with Alzheimer's: Early Stage 3 Part Series</p>	<p>In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help? Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer's and learn tips and strategies to help you support a person living with the disease.</p>	<p>Part 1: Monday, October 19th</p> <p>Part 2: Monday, October 26th</p> <p>Part 3: Monday, November 2nd</p>	<p>1:00 — 2:30 pm</p> <p>1:00 — 2:30 pm</p> <p>1:00 — 2:30 pm</p>	<p>Please register by visiting: http://bit.ly/LWACP1_oct_19 http://bit.ly/LWACP2_oct_26 http://bit.ly/LWACP3_nov_2</p>