



Virtual Programs for April

Unless otherwise noted, call the Alzheimer's Association at 800.272.3900 to register.

Educational Events

10 Signs of Alzheimer's Disease

Learn about 10 common signs of Alzheimer's and what to watch for in yourself and others.

1-2 p.m. Tuesday, April 13

6:30-7:30 p.m. Thursday, April 22

2021 Caregiver Symposium: A Glimpse into the Life of a Younger Caregiver

Join the Alzheimer's Association Hudson Valley Chapter for an evening focused on the Younger Caregiver experience.

5-7 p.m. Wednesday, April 7

COVID-19 and Caregiving

Get tips for caregiving during COVID-19.

2-3 p.m. Monday, April 26

Effective Communication Strategies

Learn to decode verbal and behavior messages delivered by someone with dementia.

1-2 p.m. Tuesday, April 6

Noon to 1 p.m. Tuesday, April 13

7-8 p.m. Wednesday, April 28

Healthy Living for Your Brain and Body

Get information on diet, exercise, cognitive and social activity to plan for healthy aging.

7-8 p.m. Tuesday, April 6

1-2 p.m. Tuesday, April 20

2-3 p.m. Tuesday, April 27

Legal & Financial Planning for Alzheimer's Disease

Learn about legal and financial issues to consider before an Alzheimer's diagnosis and how to put plans in place for the future.

10-11 a.m. Friday, April 2

Living with Alzheimer's: For Early-Stage Care Partners

Get information and practical answers to the questions that arise in the early stage.

11 a.m. to Noon, Monday, April 5

Living with Alzheimer's:

For Middle-Stage Caregivers

Get helpful strategies for providing safe, effective and comfortable care in the middle stages.

11 a.m. to Noon, Monday, April 19

Understanding Alzheimer's & Dementia

Learn about the difference between dementia and Alzheimer's, disease stages and risk factors.

1-2 p.m. Tuesday, April 6

Noon to 1 p.m. Friday, April 9

6:30-7:30 p.m. Monday, April 19

Social events

ALZ Across New York

Virtually tour the Susan B. Anthony House & Museum.

1-2 p.m. Wednesday, April 14

Something For ALZ: Musical Moments

Join an interactive music program for people with dementia and their family caregivers With N.Y. state-licensed creative arts therapist and board-certified music therapist Jeffrey Friedberg.

10:30-11:30 a.m. Friday, April 16

10:30-11:30 a.m. Friday, April 23

10:30-11:30 a.m. Friday, April 30

Virtual AlzWell Social Club

An interactive social program for people at all stages of dementia.

1-3:30 p.m. Saturday, April 10

1-3:30 p.m. Saturday, April 24

Virtual Make a Difference Night

Learn about volunteer opportunities that you can do from home.

6-6:30 p.m. Thursday, April 1

Virtual Memory Cafe

Activities for people with early-stage dementia and their caregivers. Includes dancing this month.

12:30-1:30 p.m. Thursday, April 8

Virtual Tuesday Social

Get active and connected through a variety of social events and activities.

11:30 a.m. to 1 p.m. Tuesday, April 27

Virtual Visit with N.Y. Therapy Animals

Get connected with N.Y. therapy animals.

11-11:30 a.m. Saturday, April 17