

## DEMENTIA TRAININGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Dementia Friends,</b> 11 AM – 12 PM Loon Lake Library 4008 Cedar St, Loon Lake, WA 99148	2 <b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane, WA 99218	3 <b>Spokane Valley Caregiver Support Group,</b> 10 AM – 12 PM Contact Sue Griner, (509) 863-1933 -- <b>Park Board Meeting – Memory Garden,</b> 3:30-5 PM The Hive 2904 E Sprague Ave Spokane, WA 99202	4	5	6
7	8 <b>North Spokane Caregiver Support Group,</b> 1-2:30 PM Contact Paul Dionne, (509) 290- 1816 -- <b>Dementia Friends,</b> 6-7 PM Argonne Library 4322 N Argonne Rd Spokane, WA 99212	9 <b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane, WA 99218	10 <b>Deer Park Caregiver Support Group,</b> 1- 2:30 PM Contact Paul Dionne, (509) 290-1816	11	12 <b>Dementia Friends,</b> 9:30-10:30 AM Argonne Library 4322 N Argonne Rd Spokane, WA 99212	13
14	15	16 <b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane, WA 99218 -- <b>Downtown Caregiver Support Group,</b> 1:30-3 PM, Contact Beth Priest, (509) 590-3965 -- <b>Caregiver Training Series,</b> 1-2 PM Colfax Library 102 S Main St, Colfax, WA 99111	17 <b>Spokane Regional DFC Meeting,</b> 2-3 PM 316 W Boone, #258, Spokane or on Zoom -- <b>Spokane Valley Caregiver Support Group,</b> 10 AM – 12 PM Contact Sue Griner, (509) 863-1933	18 <b>Dementia Friends,</b> 6-7 PM Spokane Valley Library 22 N Herald Rd Spokane Valley, WA 99206	19 <b>Dementia Friends,</b> 11 AM -12 PM Newport Library, 116 S Washington Ave, Newport, WA 99156	20
21	22	23 <b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane, WA 99218	24	25	26 <b>Dementia Friends,</b> 9:30-10:30 AM Spokane Valley Library 22 N Herald Rd Spokane Valley, WA 99206	27 <b>South Spokane Caregiver Support Group,</b> 10:30 AM – 12 PM Contact Anne Parsons, (509) 795-4668
28	29	30 <b>Tuesday Memory Café,</b> 11 AM – 12 PM North Spokane Library 44 E Hawthorne Rd, Spokane, WA 99218				
				Questions? Email	dementia@altcew.org	