



Greenwood Senior Center Caregiver Programs

April 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Advanced Spousal Group <i>Online</i> 1-2:30PM	2	3 Powerful Tools for Caregivers Wk 3 <i>In-Person</i> 1:30-3:00PM *Registration Required: 6-week Class*	4
5	6	7	8	9	10 Powerful Tools for Caregivers Wk 4 <i>In-Person</i> 1:30-3:00PM *Registration Required: 6-week Class*	11
12	13	14 ESML Spousal Group A <i>Online</i> 10:30-12PM ESML Spousal Group B <i>Online</i> 1-2:30PM	15	16	17 Powerful Tools for Caregivers Wk 5 <i>In-Person</i> 1:30-3:00PM *Registration Required: 6-week Class*	18
19	20 Enrichment Tools at all level <i>In-Person</i> 1-3:30PM	21	22	23	24 Powerful Tools for Caregivers Wk 6 <i>In-Person</i> 1:30-3:00PM *Registration Required: 6-week Class*	25
26	27 Dementia Caregiver Group <i>In-Person</i> 10:30-12PM	28 Mid-Stage Spousal Group <i>Online</i> 10:30-12PM	29	30	May 1	2

Email kristeno@phinneycenter.org to sign up for any of these programs.



Greenwood Senior Center Caregiver Programs

Program Descriptions

Early-Stage Memory Loss Spousal Support Group (Online): Support group for spouses whose partners are living with Mild Cognitive Impairment to early-stage memory loss, including early-stage Alzheimer's. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, sharing a diagnosis with others, driving, safety, navigating changing relationships and responsibilities, among others.

Mid-Stage Memory Loss Spousal Support Group (Online): Support group for spouses whose partners are living with Mild Cognitive Impairment to early-stage memory loss, including early-stage Alzheimer's. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, talking about engaging partners as their dementia progresses, incontinence, changing safety concerns, and continuing to navigate changing relationships and responsibilities, among others.

Advanced Dementia Spousal Support Group (Online): Support group for spouses whose partners living with dementia have moved into a care facility. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, the challenges of coordinating care, advocating for partners, considering level of care intervention, and adjusting to living without their partners in their homes.

Dementia Caregiver Support Group (In-Person): Support group for anyone who is a caregiver for someone living with dementia in any stage. This group provides a space for participants to bring their questions, concerns, frustrations to the group; and to hear from and support others. RSVP kristeno@phinneycenter.org

Powerful Tools for Caregivers (In-Person): Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else in a supportive environment that fosters community between caregivers. By taking care of your own health and well-being, you become a better caregiver. Limited space. 6-week class beginning March 20. To register, email kristeno@phinneycenter.org

ENRICHMENT TOOLS AT ALL LEVELS (In-Person): On April 20th from 1-3:30pm, Erika Campbell, Ed.D, LMHC, enrichment specialist with the GSC Memory Loss programs, will discuss low/no cost enrichment ideas across the dimensions of wellness to engage your loved one at beginning, mid, and end stage dementia. We will examine one's history and prepare interventions in movement, senses, life review of purpose and enjoyable tasks to help you establish your own home program for enrichment through the stages.

Email kristeno@phinneycenter.org to sign up for any of these programs.