Alzheimer’s Association Florida Gulf Coast Chapter affiliated support groups are for family members, caregivers, and others interested in learning more about Alzheimer’s disease. Meetings are open to everyone and free of charge. Support group facilitators have received training as required by Chapter and National Alzheimer’s Association standards. For program information and to verify meeting dates, times, and locations, please use the telephone contacts listed below. For other questions call our Polk County office at 863-292-9210 or 1-800-272-3900

Message Boards: The Alzheimer’s Association message boards and chat rooms are your online communication forum. Our message boards have over 9,000 registered members from around the United States, and many more people who simply browse the stories and information that is offered 24 hours a day.

Join the Alzheimer's Association online community. (www.alz.org/living_with_alzheimers_message_boards_lwa.asp)

EARLY STAGE DEMENTIA AND CARE PARTNER GROUPS

Beyond BASE Early Stage Support Groups (separate groups for people with MCI/early stage dementia, and care partner)
Facilitators: Stefanie Thompson, Lori Garrard, Cynthia Quinton, LCSW, & Chris Wilcox, LCSW, registered intern.
Registration required, please contact: thompsons@alzflgulf.org / (863) 292-9210

The Estates at Carpenters
1001 Carpenters Way, Lakeland, (863) 858-3847
1st Friday, 10:00 a.m.

Early Stage Social Group: mixed group (care partner and person with dementia meet together and quarterly separate.
Group meets together Feb. 27, March 27, April 24, June 26, July 24, Aug. 28, Oct. 23, and Nov. 27
Separate groups: Jan. 23, May 22 and Sept. 25.

Lake Ashton
4141 Ashton Club Drive, Lake Wales. Meet in the Card room of the main Clubhouse.
If you are not a community member of Lake Ashton please RSVP to (863) 326-1040 for a gate pass.
4th Friday of each month, 4:00 p.m. Facilitators: Sue Lull and Chris Wilcox.

FRONTAL LOBE DEMENTIA CAREGIVER GROUPS

AAGFC Polk County Office (support group)
601 South Florida Ave., Suite 3, Lakeland, FL 33801
2nd Friday, 3:00 p.m., Facilitator: Stefanie Thompson

CAREGIVER SUPPORT GROUPS

Davenport / Haines City
Heart of Florida Regional Medical Center
Cafeteria Conference Room, 40100 US Hwy 27 North
1st Thursday, 10:00 a.m. Facilitator: Tasha Saca

Lakeland
Hawthorne Inn of Lakeland* (Lunch Provided)
6150 Lakeland Highlands Road, (863) 644-6414
1st Thursday, 1:00 p.m. Facilitator: Julia Dennis

Savannah Cottage* (Lunch Provided)
605 Carpenter's Way, Lakeland, (863) 815-9411
1st Friday, 12:00 p.m., Facilitator: Mary Jo Williams

Arbor Oaks (snacks provided)
4141 Lakeland Hills Blvd, Lakeland, (863) 774-3187
3rd Tuesday, 10:00 a.m. Facilitator: Michelle Sharp

Lakeland continued
Cypress Lakes
10000 US 98 North, Lakeland, (863) 859-2136
3rd Thursday, 10:30 a.m., Facilitator: Cynthia Basalone
If you are not a community member of Cypress Lakes then please RSVP to Gwen Snook for a gate pass.

Southland Suites*
4250 Lakeland Highlands Rd., Lakeland, (863) 701-7820
3rd Saturday, 10:00 a.m., Facilitator: Jo Lewis

Home Instead Senior Care
810 E Main St, Lakeland, (863) 937-1500
Group forming. TBO

Lake Wales
Lake Wales Public Library
290 Cypress Gardens Lane, Lake Wales
4th Monday, 1:00 p.m. Facilitator: Suzanne Lull, (863) 206-0470

An * indicates that Free day / respite care is provided by the support group host facility or a partner during the support group meeting. Please call in advance for reservations.
CAREGIVER SUPPORT GROUPS CONTINUED

Lithia
Life Church at FishHawk
6420 Lithia Pinecrest Rd., Lithia, (813) 681-6503
1st Monday, 7:00 p.m., Facilitator: Eddie Broom

Winter Haven
St. John's United Methodist Church
1800 Cypress Gardens Blvd., Winter Haven
Meet in Church Library
1st Thursday, 6:00 p.m.
Facilitator: Larry Powell, (863) 292-9210

Plant City
First Baptist Church
503 North Palmer Street, Plant City
2nd Tuesday, 2:00 p.m.
(Due to an event the Feb. 2015 meeting is on the 17th)
Facilitator: Stefanie Thompson (863) 292-9210

Brookdale Senior Living- Sterling House
(group postponed until March 16, 2015)
6110 Cypress Gardens Blvd. (863) 318-8055
3rd Monday, 3:00 p.m.
Facilitator: Chris Wilcox, (863) 292-9210

Poinciana
Baltic Room 385 Village Drive at Solivita, Poinciana
4th Thursday, 10:00 a.m.
Facilitator: Nancy Callahan, (863) 496-1136

Hawthorne Inn of Winter Haven (Lunch Provided)*
625 Overlook Drive, Winter Haven (863) 324-2212
3rd Wed., 11:30 a.m.
Facilitator: Tina Haines

Thonotosassa
Stone Ledge Manor
12006 McIntosh Road, Thonotosassa, (813) 571-4117
3rd Monday, 6:00 p.m. Facilitator: Stormie Thayer

Episcopal-Catholic Apartments
500 Avenue L NW, Winter Haven, FL 33881
(863) 299-4481
3rd Monday, 11:00 a.m.
Facilitator: Larry Powell, (863) 292-9210

SOCIAL ENGAGEMENT GROUPS

Social engagement groups offer a fun and comfortable way for people affected by dementia to get out, get active and get connected with like individuals through a variety of community-based activities and social events. The groups are intended for people with dementia (PWD) and/or their caregiving family. See each group below for more details; contact our office to find out which group best fits your family: (863) 292-9210 / thompsons@alzflgulf.org.

Tuesday with Tinia: expressive art making
(for early-stage to mid-stage PWD; caregivers stay onsite)
SideStreet Studio
110 3rd Street S.W., Winter Haven
Every Tuesday 1:00-2:30 p.m.
Facilitator: Tinia Clark, (863) 224-8557; registration required

Meet Me at PMoA: Gallery Tour and Talk
(for early-stage to early-mid stage PWD and caregivers; facilities are welcome to bring residents).
Polk Museum of Art
800 East Palmetto Street, Lakeland
3rd Thursday, 2:00-3:00 p.m. Facilitator: Tinia Clark.
Space is limited. Registration required.
(863) 688-5423 / MBelcher@PolkMuseumofArt.org
Learn more or register online at http://polkmuseumofart.org/meet-me-at-pmoa

Supper Club
(a social dinner group for spousal caregivers)
Hawthorne Inn of Lakeland
6150 Lakeland Highlands Rd., Lakeland
3rd Tuesday, 6:00 p.m.
RSVP to (863) 644-6414

FAITH BASED SUPPORT GROUPS

Highland Park Church of the Nazarene
4777 Lakeland Highlands Rd., Lakeland
Group forming. TBO

The Alzheimer's Association requests that service providers, students and product representatives refrain from attending these groups. Groups are for those affected by dementia (family caregivers and people with dementia) to share with one another in a confidential setting.

Note that groups periodically change. Please visit www.alz.org/flgulfcoast or contact our office at 863-292-9210 for the most updated list.

An * indicates that free respite / day care is provided by the support group host facility or a partner during the support group meeting. Please call the host site in advance for reservations.