July 2026

West Valley Memory Resources

A QUICK REFERENCE GUIDE TO ONLINE AND CALL-IN CLASSES, SUPPORT GROUPS AND RESOURCES

Date	Time	Class Topic	Registration
Wed., July 1	3 - 4 p.m.	Dementia Caregiver Support Group (In-person: Grandview Terrace Health & Rehabilitation)	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Thurs., July 9	Noon - 1 p.m.	Planning Ahead for Medical, Legal & Financial Decisions (Virtual)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH0094V&sessionId=MIH0099G
Mon. July 13	10 - 11:15 a.m.	Caring Connections (In-person: The Colonnade, a Sun Health Community) **Location will Change After July Meeting*	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Wed., July 15	3 - 4 p.m.	Dementia Caregiver Support Group (In-person: Grandview Terrace Health & Rehabilitation)	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Mon., July 20	2 - 3 p.m.	Stay Safe, Connected and Independent at Home(In-person: Crown of Life Lutheran Church)	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Tues., July 21	3 - 4 p.m.	Behaviors & Communication: The Language of Dementia (Virtual)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH0099H&sessionId=MIH00AH0
Wed., July 22	9 - 10:30 a.m.	Arizona Long Term Care System (ALTCS) in a Nutshell (In-person: Benevilla Main Campus)	Visit Benevilla.org/workshops or call (623) 584-4999.
Thurs., July 23	10 - 11:15 a.m.	Caring Connections (In-person: St. Clare of Assisi Catholic Church) **Location will Change After July Meeting*	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Tues., July 28	10 - 11:30 a.m.	Memory Café (In-person: Salvation Army in Surprise)	Call for more information: (623) 832-6637.

Sun Health Memory Care Navigator provides personal and professional guidance for those living with memory loss, family members and caregivers coping with the emotional, psychological and physical effects of dementia. The program is offered at no charge thanks to the generous funding of Sun Health Foundation. Call (623) 471-9355 to schedule a free consultation.

Sun Health™ WELLNESS

Banner. Sun Health Research Institute

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Sun Health Support Groups

For more information, contact Sun Health Wellness at (623) 471-9355.

- **Caring Connections (Couples where one has mild cognitive impairment/early-stage dementia):** Registration not required. *Locations will be changing after July meetings.*
  - Meets 2nd Monday from 10 - 11:15 a.m. at The Colonnade's Trevi Room, 19116 N. Colonnade Way, Surprise, 85374.
  - Meets 4th Thursday from 10 - 11:15 a.m. at St. Clare of Assisi Catholic Church's The Cafe, 17111 W. Bell Rd., Surprise, 85374.
- **Dementia Caregiver Support Group:** Meets every 1st and 3rd Wednesday from 3 – 4 p.m. at Grandview Terrace Health & Rehabilitation Center's Community Education Room, 14505 W. Granite Valley Drive, Sun City West, 85375. Registration not required.

Banner Sun Health Research Institute Support Groups

For more information, call (602) 839-6850 or email baifcs@BannerHealth.com. We have set up each monthly support group virtually and with a call-in number, so that you can join at the regularly scheduled date and time.

- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease):** Meets in-person every Friday from 10 – 11 a.m. at the Unitarian Universalist Social Hall, 17540 N. Avenue of the Arts, Surprise, 85378. Meets virtually every 4th Friday from 10 - 11 a.m. Contact Stephanie.Brown6@BannerHealth.com or call (623) 832-6175 to register.
- **THIRD TUESDAY CAREGIVER SUPPORT (Caregivers Only):** Meets 3rd Tuesday from 1 – 2 p.m.

Banner Alzheimer's Support Groups

For more information, call (602) 839-6850 or email baifcs@BannerHealth.com. We have set up each monthly support group virtually and with a call-in number, so that you can join at the regularly scheduled date and time.

- **ADULT CHILD (Adult Children/Caregivers Only):** Meets Last Tuesday from 5:15 – 6:45 p.m.
- **EARLY STAGE MEMORY LOSS AND MCI (Caregivers & Patients):** Meets 4th Friday from 1 – 2:30 p.m.
- **Family Connections/Conexiones Familiares (Spanish-Speaking Caregivers for Dementia Only):** Meets 2nd Monday from 5 – 6 p.m.
- **FIRST WEDNESDAY CAREGIVER SUPPORT (Caregivers for Dementia Only):** Meets 1st Wednesday from 1 – 2 p.m.
- **FRONTOTEMPORAL (FTD) (Caregivers Only):** Meets 2nd Tuesday from Noon - 1 p.m.
- **JUST ME: EARLY STAGE & MCI (Persons with Early Stage-MCI Only):** Meets 2nd Friday from 1 – 2:30 p.m.
- **LEWY BODY (LBD) (Caregivers Only):** Meets 1st Friday from 12:30 – 2 p.m.
- **MEN WHO CARE (Male Caregivers for Dementia Only):** Meets 1st Wednesday from 7:30 – 9 a.m.
- **Native American Caregiver Circle Group (Caregivers/NA Community Professionals):** Meets 2nd Thursday from 10 – 10:30 a.m.

City of Surprise Support Groups

- **Memory Café:** Meets in-person 4th Tuesday from 10 - 11:30 a.m. at the Salvation Army, 17420 N. Avenue of the Arts, Surprise, 85378. Contact (623) 832-6637 or BannerResearch@BannerHealth.com to register.