November 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., Nov. 4	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., Nov. 5	10 - 11 a.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., Nov. 11	3 - 4 p.m.	Cultivating Positivity in Caregiving (Virtual)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH00AWD&sessionId=MIH00AWD
Thurs., Nov. 12	10 - 11 a.m.	Understanding Grief & Mourning (In-person: Desert Palms Presbyterian Church)	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Sat., Nov. 14	3:30 - 6 p.m.	2026 Shine Your Light on All Dementias (In-person: Banner Alzheimer's Institute)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH00AT2&sessionId=MIH00AT2
Tues., Nov. 17	10:30 - Noon	BSHRI Brain and Body Donation Program Tour (In-person: Banner Sun Health Research Institute)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH008RS&sessionId=MIH008RQ
Wed., Nov. 18	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., Nov. 19	11:45 a.m.. - 1 p.m.	Expressive Connections: Art-based Experiences for Individuals with Mild Cognitive Impairment or Early-Stage Dementia and Their Care Partners (In-person: Sun Health Center for Health & Wellbeing)	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information
Fri., Nov. 20	12:30 - 1:30 p.m.	The Dementia Journey: Understanding, Supporting & Connecting(In-person: Cimarron Center at The Grand)	Visit SunHealthWellness.org/Classes or call (623) 471-9355 for more information

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

Benevilla

Sun Health Support Groups

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

- **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.

Benevilla Support Groups

For more information, contact Benevilla at (623) 526-4404, email SupportGroups@Benevilla.org, or visit benevilla.org/caregiver-support-groups

- **Dementia Caregiver Support (Caregivers of loved ones with various diagnoses that have caused memory loss):** Meets in-person every Tuesday from 9:30 – 11 a.m. at Benevilla Education Center, 14601 N. Del Webb Blvd., Sun City, 85351. *Please note: group will attend the Surprise Memory Café for the 4th Tuesday meeting each month.*

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. Call (623) 832-6175 or contact Judy Reynolds at jmr2642@yahoo.com 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.
- **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.

Save the Date!

- **Expressive Connections:** Collage: Stories in Bloom with Sharon Masciale from I'm an Alzie! Meets Thursday, November 19 from 11:45 a.m. – 1 p.m. at Sun Health Center for Health & Wellbeing, 14719 W. Grand Avenue, Surprise, AZ 85374. Registration not required.