

2026 Programs



January						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
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March						
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29	30	31				

April						
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May						
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31						

June						
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July						
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26	27	28	29	30	31	

Key

- Spiritual Health
- Wellness Wednesday
- Community Connection
- Older Adult / Caregiver Resources
- Ask A Nurse
- Brain Health
- Caregiver Support (Evening)
- Wayman Caregiver Support Group
- Financial Readiness for Caregivers Quarterly

Caregiver Support + Dementia Services

For more information:

Call the Helpline: 952-945-4034

Partners



Spiritual Health

1st & 3rd Tuesdays – 10 to 11 a.m. – *Zoom*

Faith-based sessions use spiritual principles to uplift and engage caregivers and older adults. Share caregiving challenges. Includes seated exercises.

Wellness Wednesday

1st Wednesday – 10 to 11 a.m. – *Zoom*

Fact-based community education sessions engage and inform you about healthy lifestyles and wellbeing. We'll share information from local, state, and national health organizations.

Community Connection

4th Wednesday – 10:30 to 11:30 a.m. – *Zoom and Facebook Live*

Get community perspectives and learn what is happening in our neighborhoods and its impact. Guest speakers and leaders share insights. Includes breathing, mindfulness, and seated exercises.

Older Adult and Caregiver Resource Essentials

2nd Thursday – 11 a.m. to 12 p.m. – *Zoom*

A monthly platform used to promote up-to-date community and health resources, such as free vaccination locations, community food shelves, health fair events, computer training, Medicare updates, and more.

Ask A Nurse

Last Tuesday – 11:30a.m. to 1p.m.

In-person breakfast from 10:30 to 11 a.m. at Center for Families, 3333-4th St. N., Minneapolis

Virtual program: 11 a.m. to 12 p.m. – *Zoom and Facebook Live*

Brain Health *Reduce your risk!*

3rd Wednesday – 10 to 11 a.m. – *Zoom*

Chronic disease and everyday challenges can impact your brain health. Join to reduce your risk for dementia.

Caregiver Support (Evening)

2nd Thursday – 5 p.m. to 6 p.m. – *Zoom*

Group sessions offer caregiver education, support, info on community resources and networking with caregivers.

Wayman Caregiver Support Group

4th Saturday – 1 p.m. to 2 p.m. – *Zoom*

Offers caregivers education, support, info on community resources and chance to connect with others.

Location: Wayman African Methodist Episcopal Church, 221 7th Ave. N., Minneapolis

Financial Readiness for Caregivers

Quarterly on the Second Wednesday – 11 a.m. to 12 p.m.

Up-to-date financial resources for caregivers and older adults. Topics may include: respite funds resources, co-pay resources, sliding fee community clinics, volunteer resource, Medicare information, and more.

Dates: Q1 - January 14, 2026 / Q2 - April 8, 2026 / Q3 - July 8, 2026