

## **Conway Area Programs**

Care Giver Connect: Conway FUMC, 1610 Prince Street, Monthly Third Tuesdays, Caregiver Social and two to three hours of respite care and activities for their loved ones, free, registration required. Organized and provided by Caring Friends of Conway.

Faulkner County Library: senior programming from author readings and concerts to chair yoga and knitting circles, also the Alzheimer's Arkansas "Lunch and Learn", and the AR Aging Wiser "Wiser Wednesdays" programs. For more info and registration: <https://fcl.org/departments/adults/> , <https://fcl.org/images/uploads/20241229/hq-jan-adult-calendar-37780.png>

Carelink: Monday Morning Caregiving Zoom, at noon every two weeks on Mondays. Join Zoom Meeting: Meeting ID: 861 8660 9447, Passcode: 149255, To register and join: <https://link.zixcentral.com/u/14e4f94e/ZA7H5mUZ8BG4QgfE-uoD4Q?u=https%3A%2F%2Fus06web.zoom.us%2Fj%2F86186609447%3Fpwd%3D1d2uBZc9b2M8VTE83W2GEUm3LQK0Uk.1>

OASIS (Older Adults Sharing In Support): 2<sup>nd</sup>/4<sup>th</sup> Wednesdays, monthly, 12:30 to 1:30 p.m., Media Room, Hawks Senior Wellness and Activity Center, 705 E. Siebenmorgen Road, Conway

### **On Facebook**

Arkansas Aging Wiser: <https://www.facebook.com/people/Arkansas-Aging-Wiser/61557016094690/>

Alzheimer's Arkansas Support Group: Facebook Page (Private, created 3/30/2020)

Alzheimer's Arkansas: <https://www.alzark.org/> (volunteer opportunities available) (care giver workshops, coffee with caregivers, lunch & learn, podcast, support groups etc.)

AARP: <https://states.aarp.org/arkansas/>. Links, resources, programs for elderly and care giving Arkansans and AARP: <https://states.aarp.org/arkansas/caregiver-resources?CMP=OTH-CAREGIVING-STATEGUIDE-AR>