

CALENDAR OF EVENTS November 2023

Lou Ruvo Center for Brain Health, 888 W. Bonneville Ave. | Las Vegas, NV 89106 | www.clevelandclinic.org/Nevada

ALL EVENTS ARE ONLINE unless otherwise noted. Details at: clevelandclinic.org/NevadaEvents

SPECIAL EVENTS **NEW PROGRAM**



MINDFUL MUSICKING STARTING NOVEMBER 9

In-Person - Thursdays 2:30 pm - 3:30 pm PT

Designed for those living with memory loss or cognitive changes. REGISTRATION REQUIRED

louruvomusictherapy@ccf.org or 216.769.0230

THE MANY FACES (AND PHASES) OF PARKINSON'S

FREE In-Person Event Keep Memory Alive Event Center 888 W. Bonneville Avenue

Saturday - November 4 10:00 am - 2:00 pm PT

Parkinson's is NOT a one size fits all condition. Join us as we explore its rich history, discuss diagnostic methods, and challenge the idea of it being a single disease.

Register: http://gcmd.co/WhatisPD



LUNCH & LEARN

In honor of Barbara "Spicy Lady "Edmonds



ZOOM WEBINAR ON WEDNESDAYS: 12 noon - 1 pm PT Register here for viewing link: https://bit.ly/2NupxEm View archived sessions on the patient & caregiver tab at: https://CCEDNV.org

ALL NOV 1: AN ELOQUENT EXIT: YOUR LIFE, YOUR LEGACY





NOV 8: NO SESSION

ALL NOV 22: NO SESSION

Mary McElhattan Palm Mortuary & Cemeteries

You may or may not know there are many choices in planning a funeral. When you plan your arrangements in advance, you can help your family avoid making difficult decisions during a time of grief and provide a rich legacy.

NOV 15: CARING FOR THE CAREGIVER

Lucille Carriere, PhD **Cleveland Clinic**

Care partners learn tips and strategies to help enhance their mental health and personal wellbeing and gain valuable insights on managing the stress of caregiving.

NOV 29: DANCE FOR PD® - A MARVELOUS TOOL FOR PARKINSON'S MANAGEMENT

Pamela Lappen, MA, BFA **Dancing With Parkinson's**

Through music and movement research-backed Dance for PD® classes provide cognitive and physical benefits for those living with Parkinson's disease. Discover how Dance for PD® can improve the quality of your life.

CAMPUS & COMMUNITY EVENTS



DEALING WITH DEMENTIA

FREE In-Person Family Caregiver Workshop

Tuesday, December 12 9:00 am - 2:00 pm PT Includes Lunch

To Register call: 702-271-9563 or email

LouRuvoSocialServ@ccf.org

LYNNE RUFFIN-SMITH LIBRARY

Download the Libby App; Add Cleveland Clinic Library; Type in Patron ID. To obtain an ID call: 702.271.9563 or email: louruvolibrary@ccf.org



NEVADA SENIOR SERVICES VACCINE CLINICS FLU • SHINGLES • PNEUMONIA • COVID

Adult Day Care Center; 901 North Jones Blvd., 89102

Friday, November 10, 9:00 am - 1:00 pm PT Adult Day Care Center - Henderson; 1201 Nevada State Drive, 89002

Thursday, November 30, 9:00 am - 12:00 pm PT RSVP - 702.333.1548 Ext 215



Book of the Month: On-site & in our E-library:

The 36-Hour Day By Nancy L. Mace



LEGEND ALL Relevant to all audiences Memory loss







ADDITIONAL DETAILS ON ALL EVENTS: clevelandclinic.org/NevadaEvents

THANKS TO GENEROUS DONORS, ALL PROGRAMS ARE OFFERED TO THE COMMUNITY AT NO COST

COMMUNITY THERAPEUTIC SERVICES



A virtual place for friends to connect through music and song.

Tuesdays & Fridays 1:00 pm - 2:00 pm PT

Email: louruvoswgroup@ccf.org



RHYTHMIC REHABILITATION

In - Person on Mondays 1:00 pm - 2:00 pm PT

NO SESSIONS Nov 13 & 20

Pre-screening and registration required.

Email

louruvomusictherapy@ccf.org or call 216.769.0230

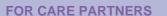
CHAIR YOGA FOR PERSONS LIVING WITH A NEUROLOGICAL **CONDITION AND/OR CARE PARTNERS**

All diagnoses welcome. Instructors provide appropriate adaptations.

Wednesdays, 11:00 am - 12:00 pm PT Registration and waiver required.

Email: louruvoswgroup@ccf.org

PPORT GROUPS





First & Third Wednesday Nov 1 & 15, 6:30 pm - 8:00 pm PT

Email: louruvoswgroup@ccf.org



First and Third Wednesday Nov 1 & 15, 2:00 pm - 3:00 pm PT

Email: louruvoswgroup@ccf.org



Second and Fourth Wednesday Nov 8 & 22, 1:15 pm - 2:15 pm PT

Email: LouRuvoPeerSupGrp@ccf.org

FOR INDIVIDUALS AND CARE PARTNERS



Fourth Tuesday Nov 28 11:00 am - 12:00 pm PT Email:

louruvoswgroup@ccf.org



Third Thursday Nov 16 12:00 pm - 1:00 pm PT Email:

louruvoswgroup@ccf.org



MULTIPLE SCLEROSIS

Second and Fourth Monday Nov 13 & 27 2:00 pm - 3:00 pm PT

Email:

louruvoswgroup@ccf.org



ENGAGEMENT ARTS

Open to patients and community Contact 702.271.9563 for ONLINE location of arts events



CONVERSATIONS TO REMEMBER

Second & Fourth Monday Nov 13 & 27 11:45 am - 1:00 pm PT

Telling stories through art is fun, can foster creative thinking and stimulate distant memories in individuals experiencing memory loss.



THE LEARNING ARTS – First & Third Tuesday

Eclectic excursions via videoconferencing with museums across North America.

Tuesday, Nov 7, 11 am - Noon PT

Invasive Species and Biodiversity - Royal Botanical Gardens

Tuesday, Nov 21, 11 am - Noon PT

The History of Jazz: Swinging Through Time – Manhattan School of Music

MIND IN DESIGN - An Art Making Class for Everyone. ONLINE! Art kit provided. Accepting Reservations through Nov 10 for Monday, Dec 4 10:30 am-12:30 pm or 1:00 pm - 3:00 pm PT