

In-person dementia support programs January - March 2022

If you are interested in attending an in-person program that is not currently being offered in your community please call the First Link® Dementia Helpline at 1-800-936-6033 to be added to a waitlist. We will be using these waitlists to determine demand for additional in-person programming.

In-person education

Registration: Free to attend; donations appreciated. To register, call the First Link® Dementia Helpline at 1-800-936-6033.

Penticton Public Library

785 Main Street, Penticton, B.C.
Three Mondays, January 17 – 31,
Noon – 1 p.m.

Okanagan Regional Library

1280 Ellis Street, Kelowna, B.C.
Thursday, January 20, 1:30 – 3:30 p.m.

Alzheimer Society of B.C.

300 – 828 West 8th Avenue, Vancouver, B.C.
Thursday, March 3, 1 – 3 p.m.

Victoria Resource Centre

202 – 306 Burnside Road West, Victoria, B.C.
Six Mondays, January 24 – February 28,
2 – 4 p.m.

North Vancouver

Location will be confirmed upon registration
Five Wednesdays, January 26 – February 23,
10 a.m. – noon

Parksville

Date and location TBD. For more information, call the First Link Dementia Helpline: 1-800-936-6033.

Prince George Public Library

888 Canada Games Way, Prince George, B.C.
Tuesday, January 25, 2 – 4 p.m.

Vernon Library

2800 30th Avenue, Vernon, B.C.
Thursday, March 17, 1 – 3 p.m.

Landing Sports Centre

45530 Spadina Avenue, Chilliwack, B.C.
Thursday, January 27, 10 a.m. – noon

Vancouver Island Regional Library

6250 Hammond Bay Road, Nanaimo, B.C.
Four Wednesdays, February 2 – 23,
2:30 – 4:30 p.m.

Victoria Resource Centre

202 – 306 Burnside Road West, Victoria, B.C.
Five Fridays, February 18 – March 18,
1:30 – 3:30 p.m.

Oliver Senior Centre

6876 Airport Street, Oliver, B.C.
Monday, February 28, 9:30 a.m. – 4 p.m.

Landing Sports Centre

45530 Spadina Avenue, Chilliwack, B.C.
Monday, March 14, 10 a.m. – noon

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Prince George Public Library

888 Canada Games Way, Prince George, B.C.
Wednesday March 16, noon – 1:30 p.m.

Richmond Caring Place

7000 Minoru Boulevard, Richmond, B.C.
Tuesday, March 22, 1 – 3:30 p.m.

Prince George Public Library

888 Canada Games Way, Prince George, B.C.
Wednesday, March 23, noon – 1:30 p.m.

Prince George Nechako Branch

6547 John Hart Highway, Prince George, B.C.
Wednesday, March 30, noon – 1:30 p.m.

Registration: Cost and registration information listed for each Minds in Motion® location.

Lower Native Sons Hall

360 Cliffe Avenue, Courtenay, B.C.
Six Wednesdays, January 12 – February 16 or
Seven Wednesdays, February 23 – April 6
1 – 3 p.m.

Cost: \$48 per couple for six sessions; \$56 per couple for seven sessions

Registration: Register in-person or call the Lower Native Sons Hall at 250-338-1000.

Monterey Recreation Centre

1442 Monterey Avenue, Victoria, B.C.
Five Thursdays, January 13 – February 10 or
Eight Thursdays, February 17 – April 7
1:30 – 3 p.m.

Cost: \$41 per couple for five sessions; \$66 per couple for eight sessions

Registration: Call the Monterey Recreation Centre at 250-370-7300.

YMCA

2020 Massey Drive, Prince George, B.C.
Eight Tuesdays, January 18 – March 8
10 – 11:30 a.m.

Cost: \$54.30 + tax per couple for eight sessions

Registration: Contact the Prince George Resource Centre at 250-564-7533 or email info.princegeorge@alzheimerbc.org.

John Tod YMCA

150 Wood Street, Kamloops, B.C.
Eight Tuesdays, January 11 – March 1
1:30 – 3:30 p.m.

Cost: \$40 per couple for eight sessions

Registration: Call the John Tod Centre YMCA at 250-554-9622.

Parkinson Recreation Centre

1800 Parkinson Way, Kelowna, B.C.
Six Wednesdays, January 12 – February 16 or
Six Wednesdays, February 23 – March 30
10:30 a.m. – noon

Cost: \$53 per couple for six sessions

Registration: Register directly at the Parkinson Recreation Centre or call 250-469-8800.

Penticton Community Centre

325 Power Street, Penticton, B.C.
Five Tuesdays, January 11 – February 8 or
Five Tuesdays, February 15 – March 15
10 – 11:30 a.m.

Cost: \$30 per couple for five sessions

Registration: Register in-person at the Penticton Community Centre or online www.penticton.ca

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Cranbrook Seniors' Hall

125 17th Avenue, Cranbrook, B.C.

February, 2022. Start date TBD

10 – 11:30 a.m.

Cost: \$10 tax per couple per session

Registration: For more information, please call 778-761-2011, or email info.eastkootenay@alzheimerbc.org

Hillcrest Community Centre

4575 Clancy Loranger Way, Vancouver, B.C.

Nine Wednesdays, January 12 – March 9

1:30 – 3:30 p.m.

Cost: \$72 per couple per for nine sessions

Registration: Call 604-257-8680, register in-person at Hillcrest Community Centre or online at vanrec.ca

Killarney Community Centre (Cantonese)

6260 Killarney Street, Vancouver, B.C.

Eight Fridays, January 7 – February 25

1:30 – 3:30 p.m.

Cost: \$49.60 per couple per for eight sessions

Registration: Call 604-718-8200 or register online at vanrec.ca

South Arm Community Centre

8880 Williams Road, Richmond, B.C.

Nine Tuesdays, January 11 – March 8

1:30 – 3:30 p.m.

Cost: \$50.85 per couple per for nine sessions

Registration: Call 604-238-8060 or 604-276-4300 or register in-person at South Arm Community Centre.

Cambie Community Centre (Cantonese)

12800 Cambie Road, Richmond, B.C.

11 Wednesdays, January 12 – March 23

1:30 – 3:30 p.m.

Cost: \$62.15 per couple per for 11 sessions

Registration: Call 604-276-4300 or register in person at Cambie Community Centre.

West Vancouver Seniors' Activity

695 21st Street, West Vancouver, B.C.

Eight Fridays, January 14 – March 4

10 – 11:30 a.m.

Cost: \$48 per couple for eight sessions

Registration: Call 604-925-7280 or register online at westvancouverrec.ca/registration West Vancouver Activity #114040

Dogwood Pavillion

Coquitlam, B.C.

Six Thursdays, January 6 – February 10 or

Six Thursdays, January 17 – March 24

2 – 3:30 p.m.

Cost: \$32.40 per couple for six sessions

Registration: Call Dogwood Pavillion at 604-927-6098.

McKee Seniors Centre

Ladner (Delta), B.C.

11 Mondays, January 10 – March 21

1 – 3 p.m.

Cost: \$66 per couple for 11 sessions

Registration: Call McKee Seniors Centre at 604-946-1411.

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Support groups

Registration: Free to attend; donations appreciated. To register, call the First Link® Dementia Helpline at 1-800-936-6033.

Victoria

Every 1st Tuesday of the month
10:30 a.m. – noon
Every 3rd Tuesday of the month
1:30 – 3 p.m.

Nanaimo

Every 3rd Tuesday of the month
10:30 a.m. – noon

Prince George

Every 2nd Wednesday of the month
10:30 a.m. – noon

Quesnel

Every 3rd Thursday of the month
1:30 – 3 p.m.

Ashcroft

Every 2nd Wednesday of the month
10 a.m. – noon

Clearwater

Every 2nd Thursday of the month
10 – 11:30 a.m.

Chase

Every 4th Thursday of the month
10 a.m. – noon

Vernon

Every 1st Thursday of the month
10 – 11:30 a.m.

Peachland

Every 2nd Thursday of the month
1:30 – 3:30 p.m.

Kelowna

Every 4th Thursday of the month
1:30 – 3 p.m.

Oliver

Every 4th Thursday of the month
1 – 2:30 p.m.

Penticton

Every 1st Monday of the month
7 – 8:30 p.m.

Summerland

Every 3rd Tuesday of the month
7 – 8:30 p.m.

Summerland

Every 3rd Tuesday of the month
7 – 8:30 p.m.

Richmond

Every 1st Tuesday of the month
1 – 2:30 p.m.

Vancouver

Every 3rd Thursday of the month
2 – 3:30 p.m.

Richmond (Cantonese)

Every 3rd Saturday of the month
2 – 4 p.m.

Vancouver (Cantonese)

Every 4th Thursday of the month
2 – 4 p.m.

North Vancouver

Every 4th Tuesday of the month
11 a.m. – 12:30 p.m.

New Westminster

Every 3rd Tuesday of the month
6:45 – 8:15 p.m.

Surrey

Every 1st Thursday of the month
1:30 – 3:30 p.m.



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Coquitlam

Every 1st and 3rd Wednesday of the month
1:30 – 3 p.m.

Victoria

Every 2nd and 4th Monday of the month
10 – 11:30 a.m.

Surrey

Every 1st and 3rd Thursday of the month
10 – 11:30 a.m.

Prince George

Every 2nd Wednesday of the month
1 – 2:30 p.m.

Kelowna

Every 4th Tuesday of the month
1 – 2:30 p.m.

Vancouver (Cantonese)

Every 3rd Saturday of the month
2 – 4 p.m.

Richmond (Cantonese)

Every 4th Thursday of the month
2 – 4 p.m.

*The in-person programming starting this fall will include COVID-19 safety protocols that will be mandatory for attendance, including the need to be fully vaccinated. To learn more, see **page 6**.*

COVID-19 safety protocols for in-person events

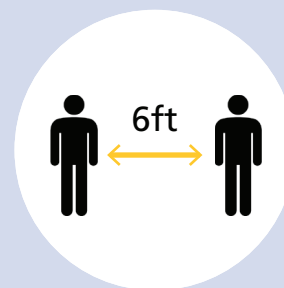
The safety of our community – clients, staff, volunteers and other supporters – is extremely important to us. The following safety protocols will be in place for everyone participating in our in-person events.



Full vaccination is required
(must show government-issued
photo ID and proof of
vaccination for scanning)



Masks must be worn
during programs



Maintain 6 feet of physical
distance from others



Practice hand hygiene:
Wash hands and/or use
sanitizer provided



Stay home if you are sick
or have symptoms



No food or drink as masks
must be worn at all times

For any inquiries, please contact our First Link[®] Dementia Helpline

1-800-936-6033

Monday to Friday, 9 a.m. to 8 p.m.