

## In-person dementia support programs November - December 2021

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.

#### Victoria Resource Centre

202 – 306 Burnside Road West  
Victoria, B.C.

Tuesday, November 16, 10 a.m. – noon

*OR*

Monday, December 6, 10 a.m. – noon

#### Fraser Resource Centre

201 – 152127 100 Avenue  
Surrey, B.C.

Thursday, November 25, 1 – 3:30 p.m.

#### North Shore

Specific location determined upon registration.

Thursday, November 25, 1 – 3 p.m.

#### Nanaimo North Library

2465 Labieux Road  
Nanaimo, B.C.

Thursday, December 9, 3 – 4:30 p.m.

#### Prince George Public Library

888 Canada Games Way  
Prince George, B.C.

Tuesday, December 14, 1 – 3:30 p.m.

#### Ridge Meadows Seniors Society

19065 119B Avenue  
Pitt Meadows, B.C.

Friday, November 26, 9:30 – 11:30 a.m.

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

#### McKee House

5155 47th Avenue  
Delta, B.C.

Seven Mondays, November 1 – December 13  
1 – 3:30 p.m.

Cost: \$42 per couple for seven sessions

**Registration:** Register in-person at McKee House

#### Dogwood Pavilion

1655 Winslow Avenue  
Coquitlam, B.C.

Six Wednesdays, November 10 – December 15  
1 – 3 p.m.

Cost: \$32.40 + tax per couple for six sessions

**Registration:** Contact Dogwood Pavilion at 604-927-6098

## 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

### Surrey

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

### Chilliwack

Every 2nd Monday of the month  
1 – 3 p.m.

### Nanaimo

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

### Vancouver

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

### Quesnel

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

### Oliver

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

### Richmond

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

### Coquitlam

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

### Surrey

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

### Victoria

Every 2nd and 4th Monday of the month  
10 – 11:30 a.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 3**.*

# COVID-19 safety protocols for in-person events

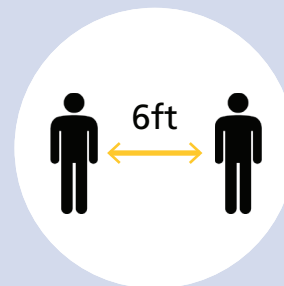
The safety of our community – clients, staff, volunteers and other supporters – is extremely important to us. The following safety protocols will be in place for everyone participating in our in-person events.



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<sup>®</sup> Dementia Helpline

**1-800-936-6033**

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