

# AUTUMN 2022 CALENDAR

OCTOBER - DECEMBER 2022

SUPPORT EDUCATION RECREATION EVENTS

## Alzheimer Society

DURHAM REGION

1600 Stellar Dr., Suite 202

Whitby, ON, L1N 9B2

Business Hours: Mon.-Fri. 8:30 a.m. - 4:30 p.m.

Office Hours: 9:00 a.m. - 4:00 p.m.

[www.alzheimer.ca/durham](http://www.alzheimer.ca/durham) | 905-576-2567 or 1-888-301-1106 | [information@alzheimerdurham.com](mailto:information@alzheimerdurham.com)



## EDUCATION WORKSHOPS

For more information or to register for the sessions below, please visit [asdr.eventbrite.com](https://asdr.eventbrite.com)

### For Care Partners

#### First Steps for Care Partners

This introductory workshop is for care partners of persons living with dementia.

<b>4-part Series</b>	Wednesdays	Oct 5, 12,
Please contact us for location details	1:30 - 3:30 p.m.	19 and 26

<b>1-Day Workshop</b>	Saturday Nov 12
VIVA Whitby	9 a.m. - 3 p.m.
51 Whitby Shores Greenway	

#### Monthly Spotlight Speaker Series

Join us monthly for guest speakers sharing their expertise on various topics to help you through the dementia journey.

<b>Online</b>	Mondays	Oct 24 - Caregiving Benefits
Zoom	2:30 - 4 p.m.	Nov 28 - Understanding Agitation
		Dec 12 - Navigating the Holiday Season

#### Options for Care

3-part series for those caring for people living with dementia to evaluate their current care giving needs and explore other possible care options available, including long term care.

**Online - Zoom** Wednesdays 6:30 - 8:30 p.m. Nov 2, 9, 16

#### Comfort and Care in Later Stages

Addresses common care issues in late-stage dementia to help family care partners adapt to changing needs.

<b>ASDR Office</b>	Nov 30 - Preparation for Later Stages
Wednesdays	Dec 7 - Care Strategies
10 a.m. - 12 p.m.	Dec 14 - Taking Care of You

#### U-First!® for Care Partners

For those providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairments.

**Online - Zoom** Tuesday Nov 8 and 15 1 - 4 p.m.

### RESPITE CARE PROGRAM

Did you know? Our Respite Care Program is designed to provide funds for in-home support for persons living with dementia so Care Partners can participate in ASDR programs and services.

Please contact us at 905-576-2567 for more information. (Please note, ASDR itself does not provide in-home care.)

### PET ADOPTION PROGRAM

Companion pets are designed to bring comfort, companionship, and fun. A choice of cat or pup companion pet is available for a low \$20 adoption fee!



Contact us at 905-576-2567 to see if you or your loved one qualifies.

This program has been made possible by:



### For Persons Living with Dementia

#### First Steps Workshop

This introductory workshop is for persons living with dementia to attend with a care partner who supports them.

<b>Bowmanville</b>	Wednesday Oct 12
Older Adults Association	10 a.m. - 12 p.m.
26 Beech St. Bowmanville	

<b>Whitby</b>	Thursday Dec 8
ASDR Office	10 a.m. - 12 p.m.

### Health Care Professionals

#### Monthly Spotlight Speaker Series

Join us for guest speakers sharing their expertise to enhance your knowledge of Alzheimer's disease and related dementias.

<b>Online</b>	Wednesdays	Oct 26 - The Lived Experience
Zoom	2 - 3 p.m.	Nov 30 - Understanding Agitation
		Dec 14 - Lewy Body Dementia

#### GPA (Gentle Persuasive Approach)

Evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia. Cost: \$94.14

**Online - Zoom** Thursday Nov 17 8:30 a.m. - 5 p.m.

### Virtual Dementia Tour

Participants will receive an up close, hands-on experience that provides critical insight into the world of dementia. Each tour takes approximately one hour.

<b>Whitby</b>	Tuesday Oct 18	6 - 8 p.m.
ASDR Office	Saturday Nov 5	10 a.m. - 12 p.m.
	Friday Dec 16	1:30 - 3:30 p.m.

### YOUNG ONSET DAY PROGRAM

For persons diagnosed with dementia prior to age 65, our Adult Day Program (ADP) provides opportunities to participate in social and recreational programming, including exercise, music and games.

For more information please contact us at 905-576-2567 ext. 5003.

## ACTIVE LIVING PROGRAMS

For more information or to register contact our Active Living Coordinator at: 905-576-2567 ext. 5240 or [recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com)

### Minds in Motion ®

**Online** - Wednesdays 10 - 11:30 a.m.  
Session 1: Oct 5 - Nov 23  
Session 2: Nov 30 - Dec 21 and Jan 4 - 25

#### Bowmanville

Bowmanville Older Adults Association  
Thursdays 1:15 - 3:15 p.m. Sept 21 - Nov 9

#### Ajax - Ajax Community Centre

Wednesdays 1 - 3 p.m. Sept 28 - Nov 16

#### Uxbridge

Aspira Douglas Crossing Retirement Centre  
Thursdays 1:30 - 3:30 p.m. Oct 6 - Nov 24

#### Whitby - Abilities Centre

Tuesdays 10 a.m. - 12 p.m. Nov 1 - Dec 20

### Brain Waves Café

**Bowmanville** Thursdays Oct 6  
Bowmanville Older 1:30 - 3 p.m. Nov 3  
Adults Association Dec 1

#### Ajax

Tuesdays Oct 11  
Ajax Library 1 - 2:30 p.m. Nov 8  
Main Branch

### Walking Buddies

Thursdays until Oct 13 10 - 11 a.m.

Location varies weekly as we explore a variety of walking trails around Durham Region. Contact us for location details.

### Horticulture Therapy Program

**WindReach Farm** 312 Town Line Rd.,  
Ashburn

Wednesdays 10 - 11 a.m.

Session 1: Sep 28 - Oct 9

Session 2: Nov 16 - Dec 7



## SUPPORT GROUPS

For more information or to register contact us at: 905-576-2567 or [information@alzheimerdurham.com](mailto:information@alzheimerdurham.com)

### Groups for Care Partners

**Online** Fridays Oct 14  
Zoom 9:30 - 11 a.m. Nov 11  
Dec 9

**Whitby** Fridays Oct 28  
ASDR Office 9:30 - 11 a.m. Nov 25  
TBD

**Ajax** Tuesdays Oct 4  
Ajax Community Centre 1 - 2:30 p.m. Nov 1  
75 Centennial Rd. Dec 6

**Uxbridge** Tuesdays Oct 11  
Uxbridge Health Centre 1 - 2:30 p.m. Nov 8  
4 Campbell Dr Building B Dec 13

**Clarington** Tuesdays Oct 11  
Community Care Durham Office 6 - 7:30 p.m. Nov 8  
2440 King St. W., Bowmanville Dec 13

### Groups for Care Partners Supporting those in Long-Term Care or Retirement Homes


**Online** Mondays Oct 3  
Zoom 6 - 7:30 p.m. Nov 7  
Dec 5

**Whitby** Tuesdays Oct 18  
ASDR Office 1 - 2:30 p.m. Nov 15  
Dec 20

### Reitman Centre: Enhancing Care Program

TEACH (4 weeks | 1.5 hrs) | CARERS (8 weeks | 2 hrs)

Group programs designed to help care partners manage the day-to-day care of the person living with dementia, reduce emotional stress and burden, and improve their ability to cope with the demands of caregiving.

 Sinai Health System **Learn more at our Virtual Information Night**  
THE CYRIL & DOROTHY JOEL & JILL  
REITMAN CENTRE FOR ALZHEIMER'S  
SUPPORT AND TRAINING  
Wed Oct 26 6 - 7pm or call 905-576-2567 ext 5225

### Peer-Led Support Groups

**Online** Wednesdays Oct 26  
Zoom 10 - 11:30 a.m. Nov 23  
Dec 28

**Whitby** Wednesdays Oct 19  
ASDR Office 1 - 2:30 p.m. Nov 16  
Dec 21

**Drop-In Care Partner Social** Wednesdays Oct 12  
**Online - Zoom** 1 - 2:30 p.m. Nov 9  
Dec 14

**Men's Breakfast Club** Every Wednesday  
Hybrid - join online or in-person Oct 5 - Dec 28  
**Online - Zoom or Whitby Community** 9 - 11 a.m.

### Breakfast Club

**Uxbridge** Fridays Oct 14  
Scrambles Kitchen & Bar 9:30 - 11 a.m. Nov 11  
350 Reach St. Uxbridge Dec 9

**Whitby** Thursdays Oct 6  
Eggsmart Whitby Shores 9:30 - 11 a.m. Nov 3  
617 Victoria St. W #110 Dec 1

### Living with Loss

**Oshawa** Wednesdays Oct 12, 19, 26  
Oshawa Senior Centre 1:30 - 3 p.m. Nov 2, 9, 16  
43 John St W., Oshawa

### Learning the Ropes for Living with MCI®

**Whitby** Wednesdays Oct 5, 12, 19, 26  
ASDR Office 9:30 - 11:30 a.m. Nov 2, 9