

# WINTER 2023 CALENDAR

## JANUARY - MARCH 2023

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 | 905-576-2567 or 1-888-301-1106 | information@alzheimerdurham.com   

## SUPPORT GROUPS

For more information or to register contact us at: 905-576-2567 or information@alzheimerdurham.com

### Groups for Care Partners

**Online** Fridays Jan 13  
Zoom 9:30 - 11 a.m. Feb 10  
Mar 10

**Whitby** Fridays Jan 27  
ASDR Office 9:30 - 11 a.m. Feb 24  
Mar 24

**Ajax** Tuesdays Jan 3  
Ajax Community Centre 1 -2:30 p.m. Feb 7  
75 Centennial Rd. Mar 7

**Uxbridge** Tuesdays Jan 10  
Uxbridge Health Centre 1 -2:30 p.m. Feb 14  
4 Campbell Dr Building B Mar 14

**Clarington** Tuesdays Jan 10  
Community Care Durham Office 6 -7:30 p.m. Feb 14  
2440 King St. W., Bowmanville Mar 14

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

**Online** Mondays Jan 2  
Zoom 6 - 7:30 p.m. Feb 6  
Mar 6

**Whitby** Tuesdays Jan 17  
ASDR Office 1 -2:30 p.m. Feb 21  
Mar 21

### Taking Control of Our Lives

**Oshawa** Wednesdays Jan 25 to  
Oshawa Senior Centre 1:30 - 3:30 p.m. Mar 15  
43 John St W., Oshawa

### RESPIRE 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

Robotic 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:



### Peer-Led Support Groups

**Online** Wednesdays Jan 25  
Zoom 10 -11:30 a.m. Feb 22  
Mar 22

**Whitby** Wednesdays Jan 18  
ASDR Office 1 -2:30 p.m. Feb 15  
Mar 15

**Drop-In Care Partner Social** Wednesdays Jan 11  
1 -2:30 p.m. Feb 8  
Online - Zoom Mar 8

**Men's Breakfast Club** Every Wednesday  
Hybrid - join online or in-person Jan 4 - Mar 29  
Online - Zoom or Whitby Community 9 - 11 a.m.

### Breakfast Club

**Uxbridge** Fridays Jan 27  
Coppins Corners 9:30 - 11 a.m. Feb 24  
4029 Brock Rd. Uxbridge Mar 24

**Whitby** Thursdays Jan 5  
Eggsmart Whitby Shores 9:30 - 11 a.m. Feb 2  
617 Victoria St. W #110 Mar 2

### Reitman Centre: Enhancing Care Program

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



**Sinai Health System**

THE CYRIL & DOROTHY, JOEL & JILL REITMAN CENTRE FOR ALZHEIMER'S SUPPORT AND TRAINING

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.

### 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 ®

<b>Online</b>	Wednesdays 10 - 11:30 a.m.	February 1 to March 22
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<b>Ajax</b>	Wednesdays 1:15 - 3:15 p.m.	January 25 to March 15
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<b>Bowmanville</b>	Wednesdays 1:15 - 3:15 p.m.	February 1 to March 22
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<b>Uxbridge</b>	Thursdays 1 - 3 p.m.	January 12 to March 2
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<b>Whitby</b>	Tuesdays 10 a.m. - 12 p.m.	January 17 to March 7
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55 Gordon St. Whitby	Thursdays 10:30a.m. - 12:30p.m.	January 19 to March 9

### Brain Waves Café

<b>Ajax</b>	Ajax Library Main Branch	Tuesdays 1 - 2:30 p.m.	Jan 10, Feb 14 Mar 14
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<b>Bowmanville</b>	BOAA	Thursdays 1:30 - 3 p.m.	Jan 5, Feb 2 Mar 2

### Indoor Walking Buddies

Socialize and get those steps in even in the winter months. Thursdays 10 - 11 a.m.

Oshawa Centre February 2, 16, March 2, 16  
Pickering Town Centre February 9, 23, March 9, 23

### Music Therapy Program

Neurologic Music Therapy	Mondays 11 a.m. - 12 p.m.
<b>Whitby</b> ASDR Office	February 27 - March 20

## EDUCATION WORKSHOPS

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

### For Care Partners

#### First Steps for Care Partners

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

<b>2-part Series</b>	Tuesdays	Jan 17
Online - Zoom	1 - 4:30 p.m.	and 24
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<b>4-part Series</b>	Thursdays	March 2, 9,
VIVA Whitby	10 a.m. - 12 p.m.	16, 23
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51 Whitby Shores Greenway		

#### Monthly Spotlight Speaker Series

<b>Online</b>	Mondays	Jan 30 - Brain Health
Zoom	2:30 - 4 p.m.	Feb 27 - Intimacy and Dementia
		Mar 27 - Driving and Dementia

#### Care Essentials

4-part series on caring for someone living with dementia.

<b>Whitby</b>	Fridays	Feb 10, 17, 24, Mar
ASDR Office	10 a.m. - 12 p.m.	3

#### U-First!® for Care Partners

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

<b>Online - Zoom</b>	Thursday Feb 9 and 16	9 a.m. - 12 p.m.
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### For Persons Living with Dementia

#### First Steps Workshop

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

<b>Online</b>	Thursday January 26
Zoom	1:30 - 3:30 p.m.
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<b>Bowmanville</b>	Wednesday March 8
BOAA	10 a.m. - 12 p.m.

### Health Care Professionals

#### Monthly Spotlight Speaker Series

<b>Online</b>	Wednesdays	Jan 25 - Alzheimer's Disease
Zoom	2 - 3 p.m.	Feb 22 - Building Dementia
		Friendly Communities
		Mar 29 - Young Onset Dementia

#### U-First!® for Healthcare Professionals

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

<b>Online - Zoom</b>	Tuesday March 14	9 a.m. - 4 p.m.
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### Virtual Dementia Tour

Hands-on experience providing insight into dementia.

<b>Whitby</b>	Tuesday January 10	1 - 4 p.m.
ASDR Office	Tuesday March 28	6 - 8 p.m.