

# SUMMER 2022 CALENDAR

JULY - SEPTEMBER

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 | P: 905-576-2567 | T/F: 1-888-301-1106 | information@alzheimerdurham.com



## Active Living Programs

### Brain Waves Café

Tuesdays - July 12, Aug 9, Sept 13 | 1:00 - 2:30pm | Ajax Public Library (55 Harwood Ave S, Ajax), Rotary Room

Thursdays - July 7, Aug 4 | 1:30 - 3:00pm

Bowmanville Older Adults Centre (26 Beech Ave, Bowmanville), Craft Room

**Minds in Motion®** (\*Subsidy available, please inquire.)

8 week sessions, dates and times vary by location | \$80 per couple\*

4 in-person locations: Whitby (Abilities Centre), Ajax, Uxbridge and Bowmanville  
(Whitby dates only for July/Aug)

Also available weekly online at no charge!

**Breakfast Clubs** (Buy Your Own Breakfast)

1st Thursday- July 7, Aug 4, Sept 1 | 9:30am - 11:00am

Eggsmart Whitby Shores (617 Victoria St. W. #110, Whitby)

2nd Friday - July 8, Aug 12, Sept 9 | 9:30am - 11:00am

Scrambles Kitchen & Bar (350 Reach St., Uxbridge)



For more information please contact our Active Living Coordinator at: 905-576-2567 ext. 5256 or [recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com)

## Support Groups

### Groups for Care Partners Caring in the Community

**Online-** Friday July 8, Aug 12, Sept 9 | 9:30 - 11 a.m.

Zoom

**Whitby - Friday July 15, Aug 26, Sept 23 | 9:30 - 11 a.m.**

Alzheimer Society of Durham Region

(1600 Stellar Dr., Suite 202, Whitby)

**Ajax- Tuesday July 5, Aug 2, Sept 6 | 1-2:30 p.m.**

Ajax Community Centre, Carruthers Room

(75 Centennial Rd, Ajax)

**Clarington - Tues July 19, Aug 9, Sept 13 | 6- 7:30 p.m.**

Garnet B. Rickard Complex, Community Care Durham

Office, Unit 1 (2440 King St. W., Bowmanville)

**Uxbridge -Tues July 12, Aug 9, Sept 13 | 1- 2:30 p.m.**

Uxbridge Health Centre (4 Campbell Dr Building B, Uxbridge)

**Brock -** Contact for more details

### Early Stage Program for People Living with Dementia

**Thurs July 7, Aug 4, Sept 1st | 9:30 - 11:30 a.m.**

Hybrid Option - Alzheimer Society of Durham Region (1600 Stellar Dr., Suite 202, Whitby)/ Zoom

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

**Whitby - Tues July 19, Aug 16, Sept 20 | 1 - 2:30 p.m.**

Alzheimer Society of Durham Region

(1600 Stellar Dr., Suite 202, Whitby)

**Online- Mon July 4, Aug 8, Sept 12 | 6-7:30 p.m.**

Zoom

### Peer-Led Groups

**Whitby - Wed July 20, Aug 17, Sept 21 | 1 - 2:30 p.m.**

Alzheimer Society of Durham Region

(1600 Stellar Dr., Suite 202, Whitby)

**Online- Wed July 27, Aug 31, Sept 28 | 10 - 11:30 a.m.**

Zoom

**Men's Breakfast - every Wednesday | 9- 11:00 a.m. Hybrid**

Option - Whitby Community /Zoom

**Care Partner Social - Wed July 13, Aug 10, Sept 14**

1 - 2:30 p.m. Zoom

## Reitman Centre: Enhancing Care Program



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.

**TEACH (4 weeks | 1.5 hrs in length) | CARERS (8 weeks | 2 hrs in length)**

Contact the Program Leads for more information and upcoming dates:

905-576-2567 ext. 5241 or ext. 5225

## Education Workshops

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

### First Steps for Persons Living with Dementia

**Bowmanville Older Adult Association | 26 Beech Ave. Bowmanville | Thurs. July 14 | 10 a.m. - 12 p.m.**

**Uxbridge Public Library | 9 Toronto St. S Uxbridge | Tue. Aug. 16 | 10 a.m. - 12 p.m.**

**ASDR Office | 1600 Stellar Dr., Suite 202, Whitby | Tues. Sept. 6 | 10 a.m. - 12 p.m.**

This introductory workshop provides an opportunity for persons living with dementia to attend with a care partner who supports them. Participants will receive information and have an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias and the impact of receiving the diagnosis. They will also be encouraged to explore and build on coping skills and strengths.

### First Steps for Care Partners - 4-part Series

**Virtual - Zoom | Tuesdays in July | 6:30 p.m. - 8:30 p.m | July 5: What is Dementia? | July 12:**

**Adapting to Brain Changes. | July 19: Planning Ahead. | July 26: Building A Circle of Support.**

This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere.



### Care Essentials - 4-part Series

**Uxbridge Public Library | 9 Toronto Street S, Uxbridge | 10 a.m.- 12 p.m.**

**Fri. Sept. 2: What to Expect | Sept. 9: Communication Effectively | Sept. 16: Responding to Behaviour**

**Sept. 23: Supporting Daily Activities.**

This four-part series offers care partners of persons living with dementia an opportunity to explore approaches to care in an interactive and supportive atmosphere. Each session features a workbook and helpful resources.

### Monthly Spotlight Speaker Series

**Virtual - Zoom | Mon. July 25 | Mon. Aug. 22 | Mon. Sept. 26 | 2:30 p.m. - 4 p.m.**

Join us for our monthly spotlight series featuring guest speakers sharing their knowledge and expertise on various topics to help you through the dementia journey. Topics include: Medications, Driving and Dementia and Investigating Alzheimer's Disease.

### Monthly Spotlight Speaker Series for Health Care Professionals

**Virtual - Zoom | Wed. Sept. 28 | 2 p.m. - 2:45 p.m.**

This monthly spotlight series offers health care professionals an opportunity to enhance their knowledge of: Alzheimer's disease and related dementia. Each month will focus on a topic related to supporting people living with dementia. This month our topic will be: Understanding the 8As.



### Sensibilisation aux troubles neurocognitifs

**Virtual - Zoom | 17 août | 13h-14h30**

Enrichissez vos connaissances avec un survol des troubles neurocognitifs. Au cours de cette séance, vous en apprendrez les 10 signes précurseurs, l'obtention d'un diagnostic et les possibilités en matière de traitement.

### New! 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:



### Young Onset Adult 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 creative arts, exercise, music and games.

Our ADP is offered online and in-person. Please contact the program lead for space availability at 905-576-2567 ext. 5003.

### 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 or toll-free 1-888-301-1106 for more information. (Please note, ASDR itself does not provide in-home care.)