

## 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](mailto: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](http://www.penticton.ca)

## In-person dementia support programs January - March 2022

### **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](mailto: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](http://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](http://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](http://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.



## In-person dementia support programs January - March 2022

### **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**.*