

## Spring Calendar April - June 2023

### SUPPORT GROUPS

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

#### Groups for Care Partners

<b>Online</b> Zoom	Fridays 9:30 - 11 a.m. April 14, May 12, June 9
<b>Ajax</b> Ajax Community Centre 75 Centennial Rd.	Tuesdays 1 - 2:30 p.m. April 4, May 2, June 6
<b>Clarington</b> Community Care Durham 2440 King St. W., Bowmanville	Tuesdays 6 - 7:30 p.m. April 11, May 9, June 13
<b>Whitby</b> ASDR Office	Fridays 9:30 - 11 a.m. April 28, May 26, June 23
<b>Uxbridge</b> Uxbridge Health Centre 4 Campbell Dr Building B	Tuesdays 1 - 2:30 p.m. April 11, May 9, June 13

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

<b>Online</b> Zoom	Mondays 6 - 7:30 p.m. April 3, May 1, June 5
<b>Whitby</b> ASDR Office	Tuesdays 1 - 2:30 p.m. April 18, May 16, June 20

#### Early Stage Support

<b>Online</b> Zoom	Thursdays 10 - 11:30 a.m. April 13, May 11, June 8
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#### Peer-Led Support

<b>Online Support Group</b> Zoom	Wednesdays 10 - 11:30 a.m. April 26, May 24, June 28
<b>Whitby Support Group</b> ASDR Office	Wednesdays 1 - 2:30 p.m. April 19, May 17, June 21
<b>Drop-In Care Partner Social</b> Online - Zoom	Wednesdays 1 - 2:30 p.m. April 12, May 10, June 14
<b>Men's Breakfast Club</b> Hybrid - Online and in-person	Every Wednesday 9 - 11 a.m. April 5 - June 28

#### Breakfast Club

<b>Uxbridge</b> Coppins Corners 4029 Brock Rd. Uxbridge	Fridays 9:30 - 11 a.m. April 28, May 26, June 23
<b>Whitby</b> Eggsmart Whitby Shores 617 Victoria St. W #110	Thursdays 10 - 11:30 a.m. April 6, 20 May 4, 18 June 1, 15

#### Reitman Centre: Enhancing Care Program

Help for care partners to manage the day-to-day care of persons living with dementia. Reduce emotional stress and improve ability to cope with the demands of caregiving.



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

Learn more at our online information night: Wed May 17 6:30 - 7:30 p.m.

To register visit:

[ecinformation.eventbrite.ca](http://ecinformation.eventbrite.ca)

#### Respite Care

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.)

#### Young Onset Day Program

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

Please contact us: 905-576-2567 ext. 5003.

#### Robotic Pet Adoption

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:



## EDUCATION WORKSHOPS

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

For Care Partners	
<b>First Steps for Care Partners</b>	Tuesdays 6:30 - 8:30 p.m. May 2, 9, 16, 23 Online Zoom
<b>Options for Care</b>	Wednesdays 1:30 - 4 p.m. May 10, 17, 24 Uxbridge Public Library
<b>Comfort and Care in Later Stages</b>	Tuesdays 10 - 11:30 a.m. June 6, 13, 20, 27 Online Zoom
<b>Monthly Spotlight Series</b> Mondays 2:30 - 4 p.m. Online Zoom	April 24 - Dementia Bill of Rights May 29 - Sleep June 26 - Young Onset Dementia

Persons Living with Dementia	
<b>First Steps Workshop</b>	Tuesday April 18 1:30 - 3:30 p.m. Ajax Library Main Branch
Health Care Professionals	
<b>GPA (Gentle Persuasive Approach)</b>	Thurs May 4 - 8:30 a.m. - 5 p.m. Online Zoom
<b>Monthly Spotlight Series</b> Wednesdays 2 - 3 p.m. Online Zoom	Apr 26 - Dementia Bill of Rights May 31 - Building Rapport and Meaningful Visits Jun 28 - Supporting Personal Care
Virtual Dementia Tour	
<b>Whitby</b> ASDR Office	Wednesday May 3 - 1 - 4 p.m. Wednesday June 14 - 6 - 8 p.m.

## ACTIVE LIVING PROGRAMS

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

Minds in Motion®	
<b>Online</b> Zoom	Wednesdays 10 - 11:30 a.m. April 12 - May 31
<b>Ajax</b> Ajax Community Centre 75 Centennial Rd.	Wednesdays 1:15 - 3:15 p.m. April 19 - June 7
<b>Bowmanville</b> BOAA 26 Beech St. Bowmanville	Wednesdays 1:15 - 3:15 p.m. April 12 - May 31
<b>Whitby</b> Abilities Centre 55 Gordon St.	Tuesdays 10 a.m. - 12 p.m. March 28 - May 16
<b>Uxbridge</b> St. Andrew's Chalmers Presbyterian Church	Thursdays 1 - 3 p.m. March 30 - May 18

Brain Waves Cafe	
<b>Ajax</b> Ajax Library Main Branch	Tuesdays 1 - 2:30 p.m. April 11, May 9, June 13
<b>Bowmanville</b> BOAA	Thursdays 1:30 - 3 p.m. April 6, May 4, June 1

Art Class	
<b>Bowmanville</b> BOAA	Tuesday June 13 4 - 5 p.m.

Craft Club Spring Workshop	
<b>Whitby</b> ASDR Office	Wednesday April 5 1 - 2 p.m.

Walking Buddies	
Various outdoor walking trails throughout Durham Region	Thursdays 10 - 11 a.m. Weekly May 18 - July 6

Horticulture Therapy	
<b>Location and dates to be confirmed.</b>	4-week program. Please contact us for more information.

1600 Stellar Dr., Suite 202. Whitby, ON, L1N 9B2