

**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. Oct 13, Nov 10, Dec 8
<b>Ajax</b> Ajax Community Centre 75 Centennial Rd.	Tuesdays 1 - 2:30 p.m. Oct 3, Nov 7, Dec 5
<b>Clarington</b> BOAA 26 Beech St., Bowmanville	Tuesdays 6 - 7:30 p.m. Oct 10, Nov 14, Dec 12
<b>Whitby</b> ASDR Office	Fridays 9:30 - 11 a.m. Oct 27, Nov 24, Dec 22
<b>Uxbridge</b> Uxbridge Health Centre 4 Campbell Dr Building B	Tuesdays 1 - 2:30 p.m. Oct 10, Nov 14, Dec 12
<b>Port Perry</b> Community Care Durham 6100 Old Simcoe Rd	Fridays 10 - 11:30 a.m. Oct 27, Nov 24, Dec 22 

**Early Stage Support**

<b>Online</b> Zoom	Thursdays 10 - 11:30 a.m. Oct 12, Nov 9, Dec 14
-----------------------	----------------------------------------------------

**Supporting a Parent** 

<b>Whitby</b> ASDR Office	Saturdays 10 a.m. - 12 p.m. October 7 - December 16
------------------------------	--------------------------------------------------------

**Living with Loss**

<b>Whitby</b> ASDR Office	Thursdays 6 - 7:30 p.m. November 2 - December 7
------------------------------	----------------------------------------------------

**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.)

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

<b>Online</b> Zoom	Mondays 6 - 7:30 p.m. Oct 2, Nov 6, Dec 4
<b>Whitby</b> ASDR Office	Tuesdays 1 - 2:30 p.m. Oct 17, Nov 21, Dec 19

**Peer-Led Support**

<b>Online Support Group</b> Zoom	Wednesdays 10 - 11:30 a.m. Oct 25, Nov 29, Dec 27
<b>Whitby Support Group</b> ASDR Office	Wednesdays 1 - 2:30 p.m. Oct 18, Nov 15, Dec 20
<b>Drop-In Care Partner Social</b> Online - Zoom	Wednesdays 1 - 2:30 p.m. Oct 11, Nov 8, Dec 13
<b>Women's Coffee Break</b> Bowmanville Family Restaurant 231 King St. E	Wednesdays 2 - 3:30 p.m. Oct 4, Nov 1, Dec 6
<b>Men's Breakfast Club</b> Hybrid - Online and in-person	Every Wednesday 9 - 11 a.m. October 4 - December 27

**Reitman Centre: Enhancing Care Programs**



<b>CARERS</b> <b>Adult Children Caregivers</b> Online - Zoom Mondays 6 - 8 p.m. October 16 - December 4	<b>CARERS</b> <b>Spouses</b> Whitby ASDR Office Thursdays - 10 a.m. - 12 p.m. October 26-December 14
---------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------

**Comfort Companions**

Robotic companion pets and dolls are designed to bring comfort, companionship, and fun. A choice of cat or pup or doll companion is available for a low \$50 adoption fee!

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



**ACTIVE LIVING PROGRAMS**

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

**Minds in Motion®**

<b>Ajax</b> Ajax Community Centre 75 Centennial Rd.	Wednesdays 1:15 - 3:15 p.m. September 27 - November 15
<b>Bowmanville</b> BOAA 26 Beech St. Bowmanville	Wednesdays 1:15 - 3:15 p.m. September 20 - November 8
<b>Whitby</b> Abilities Centre 55 Gordon St.	Tuesdays 10 a.m. - 12 p.m. October 31 - December 19
<b>Uxbridge</b> St. Andrews Chalmers Presbyterian 40 Toronto St.S	Thursdays 1 - 3 p.m. October 5 - November 23

**Brain Waves Cafe**

<b>Ajax</b> Ajax Library Main Branch	Tuesdays 1 - 2:30 p.m. Oct 10, Nov 14, Dec 12
<b>Bowmanville</b> BOAA	Thursdays 1:30 - 3 p.m. Oct 5, Nov 2, Dec 7
<b>Scugog</b> Scugog Memorial Public Library	Tuesday 1 - 2:30 p.m. Oct 17, Nov 21, Dec 19

**Therapeutic Recreation**

<b>Music Therapy</b> Location TBD	Fridays 1 - 2 p.m. Oct 13, 20, Nov 3, 10
<b>Art Therapy</b> Ajax Community Centre	Wednesdays 1:30 - 2:30 p.m. Nov 22, 29, Dec 6, 13

**Walking Buddies**

Various outdoor walking trails throughout Durham Region	Thursdays 10 - 11 a.m. Oct 5 - Oct 19
------------------------------------------------------------	------------------------------------------

**The Social - Whitby ASDR Office**



A weekly social group for persons living with early to mid-stage dementia. To promote social, mental and emotional well-being. Wednesdays 9 a.m. - 12 p.m. and 1 - 4 p.m. Contact us at 905-576-2567 ext 5003.

**Young Onset Day Program - Whitby ASDR Office**

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

**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>Dementia 101</b> (First Steps for Care Partners)	<b>Pickering - Amica</b> October 19, 26 10 a.m. - 12:30 p.m. <b>Online - Zoom</b> December 6, 13 6 - 8:30 p.m.
<b>Options for Care</b>	Mondays 1 - 4 p.m. November 6, 13, 20 Online - Zoom
<b>Care Essentials</b>	Tuesdays 10 a.m. - 12 p.m. Oct 31, Nov 7, 14, 21 Whitby ASDR Office
<b>U-First</b>	Tuesday 9 a.m. - 4 p.m. December 5 Whitby ASDR Office

**Monthly Spotlight Series - Online Zoom**  
Monday Oct 30 3 - 4 p.m. - Person Centred Care  
Wednesday Nov 29 2:30 - 4 p.m. - Care Options  
Monday Dec 11 3 - 4 p.m. - Communication Strategies

**Persons Living with Dementia**

<b>Living Well with Dementia (First Steps)</b>	Tuesday Nov 28 10 a.m. - 12 p.m. Ajax Community Centre
------------------------------------------------	-----------------------------------------------------------

**Health Care Professionals**

<b>Monthly Spotlight Series</b> Wednesdays 2 - 3 p.m. Online Zoom	Oct 19 - Rare Dementias Nov 29 - Dementia & Mental Health Dec 13 - Communication Strategies
-------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

**Virtual Dementia Tour**

<b>Whitby</b> ASDR Office	Thursday October 26 5 - 7 p.m. Wednesday November 22 1 - 4 p.m.
------------------------------	--------------------------------------------------------------------

**French Language Services**

<b>Un survol sur la démence</b>	Tuesday November 7 10 - 11 a.m. Online - Zoom
---------------------------------	--------------------------------------------------

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