

Programs & Services Guide

SUPPORT PROGRAMS, EDUCATION & SOCIAL RECREATION
FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS

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Executive Summary

This guide provides an overview of the Alzheimer Society of Simcoe County's programs and services for April to June 2026. It includes support groups, educational programs, and social recreation activities for people living with dementia and their care partners. Each program is described in detail below, followed by a calendar-style listing for easy reference.

Program Eligibility

The staff and volunteers at the Alzheimer Society of Simcoe County provide high quality programs and services for people living with dementia and their care partners. To be eligible for our services, you must be:

- Concerned about your memory; **OR**
- Living with dementia; **OR**
- Supporting someone living with dementia



AND have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County).

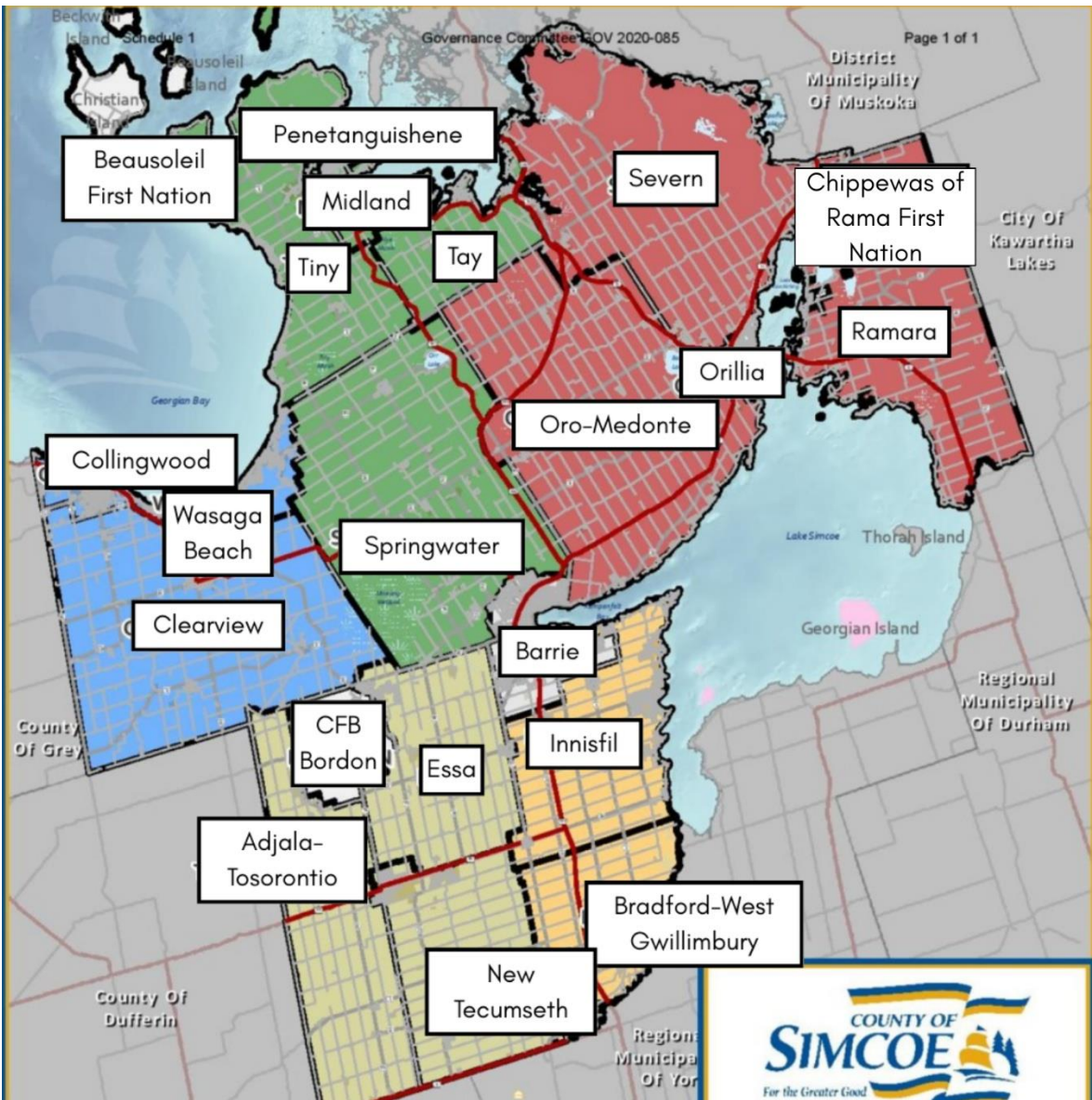


The Alzheimer Society of Simcoe County celebrates diversity and strives to provide equitable and inclusive services. We are proud to share our staff have completed Safer Spaces 2SLGBTQIA+ Cultural Competency training.

Service Area

We serve areas in Simcoe County, including:

- Adjala-Tosorontio
- Barrie
- Beausoleil First Nation
- Bradford West Gwillimbury
- Chippewas of Rama First Nation
- Clearview
- Collingwood
- Essa
- Innisfil
- Midland
- New Tecumseth
- Orillia
- Oro-Medonte
- Penetanguishene
- Ramara
- Severn
- Springwater
- Tay
- Tiny
- Wasaga Beach



Registration

All our programs and services require registration.

If you have registered for a program but can no longer attend, please contact the office to let us know that you will not be participating. There may be times we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. If needed, we will aim to cancel in a timely manner and will contact you by phone and/or email.

**Please note, due to volume and capacity to provide services across Simcoe County, clients may experience wait times to access some of our programs and services.*

TO REGISTER:

If you're interested in signing up for our programs and services, contact our program registration line at **705-722-1066 Ext. 241**. When leaving a message, kindly include **your full name, phone number, and clearly specify the program you are interested in**. This information is essential to ensure we can return your call. Thank you for your understanding and interest in our services.

Support Services

First Link Care Navigation & Supportive Counselling

We provide free dementia support to anyone impacted by any type of dementia, whether you are a person living with dementia or their family member, friend, or care partner.

Our **Support Services Team** is here to support families at every stage of the dementia journey – before, during and after a diagnosis. We can help with identifying needs, navigating services and assisting with care planning.

Our **Supportive Counselling and Navigation** services are offered over the phone, by email, video conference and in-person visits by appointment. In-person visits may be conducted at our Barrie & Orillia office locations or in a person's home.

First Link® Care Navigation	Supportive Counselling
Get the assistance you need connecting to various dementia supports and services. Our highly experienced First Link Care Navigators can help get you started, create a support plan and link you with dementia supports in the community.	Our team of Family Support Coordinators provide safe, confidential counselling where you can talk about your experience, gain insight and practical coping strategies to help you manage circumstances and build resilience. Staff can help you plan for the future and get connected to other local services.

If you are interested in First Link Care Navigation or Supportive Counselling: please call 705-722-1066 ext. 241




Support Groups

Supporting a family member or friend diagnosed with dementia can be a new and complex experience. Join a **free** dementia care partner support group to learn from your peers and share insights.

Location	Dates	Time	Coordinator
Orillia Alzheimer Society 250 West St. N Suite 8	Wednesday April 1 Wednesday May 6 Wednesday June 3	1pm-2:30pm	Melissa Martinson 705-722-1066 Ext. 237
Wasaga Beach Wasaga Beach United Church A380 Zoo Park Rd.	Wednesday April 1 Wednesday May 6 Wednesday June 3	10am-11:30am	Carly Munro 705-722-1066 ext. 225
Collingwood Collingwood Public Library 55 Ste. Marie St.	Thursday April 16 Thursday May 21 Thursday June 18	10am-11:30am	Carly Munro 705-722-1066 ext. 225
Barrie Alzheimer Society 20 Anne St. South	Thursday April 9 Thursday May 14 Thursday June 11	10am-11:30am	Madi Andrews 705-722-1066 ext. 227
Barrie Alzheimer Society 20 Anne St. South	Tuesday April 21 Tuesday May 19 Tuesday June 16	10am-11:30am	Madi Andrews 705-722-1066 ext. 227
Innisfil Innisfil Public Library 967 Innisfil Beach Rd.	Thursday Apr 16 Thursday May 21 Thursday June 18	1:30pm-3pm	Shiju Joseph 705-722-1066 ext. 223
Bradford Elden Retirement Home 3131 8 th Line	Tuesday April 21 Tuesday May 19 Tuesday June 16	10am-11:30am	Shiju Joseph 705-722-1066 ext. 223
Alliston St. John's United Church 56 Victoria St. E	Monday April 20 Monday May 11 Monday June 15	10am-11:30am	Shiju Joseph 705-722-1066 ext. 223

(Support group listings continued on page 9)

Location	Dates	Time	Coordinator
Penetanguishene Bayfield House 5 Beck Blvd (2 nd floor lounge)	Wednesday April 29 Wednesday May 27 Wednesday June 24	1pm-2:30pm	Melissa Martinson 705-722-1066 Ext. 237
	Tuesday April 7 Tuesday May 5 Tuesday June 2	7pm-8:30pm	Madi Andrews 705-722-1066 ext. 227
	Wednesday, April 8 Wednesday, May 13 Wednesday June 10	10am-11:30am	Carly Munro 705-722-1066 ext. 225

TO REGISTER: go to <https://assc.recdesk.com/Community/Home>

Please see the **RecDesk Registration Guide for New Users** on pages 24 & 25. If you do not have access to the internet or need support registering, please contact the coordinator for the group you are interested in attending.

Enhancing Care Program – Delivered in Partnership with Sinai Health Reitman Centre

TEACH

Training, Education and Assistance for Caregiving at Home

TEACH is a 4-week discussion-based group program which provides opportunities to share and learn from other care partners. Care partners receive coaching in problem solving, communication, and coping skills.

Each session focuses on a caregiving theme:

- Self-care
- Healthcare system navigation
- Relationship changes
- Future planning

TO REGISTER, PLEASE CONTACT YOUR FAMILY SUPPORT COORDINATOR OR FIRST LINK CARE NAVIGATOR, OR CALL 705-722-1066 EXT. 241

Location	Date	Time	Format
Orillia Alzheimer Society 250 West Street N., Unit 8 2 nd Floor	Friday May 8 Friday May 15 Friday May 22 Friday May 29	10am- 11:30am	In-person
Wasaga Beach South Georgian Bay Community Health Centre 14 Ramblewood Dr.	Wednesday May 6 Wednesday May 13 Wednesday May 20 Wednesday May 27	2pm- 3:30pm	In-person

Enhancing Care Program – Delivered in Partnership with Sinai Health Reitman Centre

CARERS


Coaching, Advocacy, Respite, Education, Relationship, Simulation

CARERS is an 8-week skills-based group program which focuses on practical skills and emotional support needed to care for people living with dementia.

Care partners in the CARERS group:

- Learn problem solving techniques.
- Learn strategies for keeping a meaningful relationship with the person living with dementia.
- Receive coaching in communication skills through simulations (role play) with a simulated patient.

TO REGISTER, PLEASE CONTACT YOUR FAMILY SUPPORT COORDINATOR OR FIRST LINK CARE NAVIGATOR, OR CALL 705-722-1066 EXT. 241

Location	Date	Time	Format
<p>Barrie Alzheimer Society 20 Anne Street S.</p>	<p>Thursday May 7 Thursday May 14 Thursday May 21 Thursday May 28 Thursday June 4 Thursday June 11 Thursday June 18 Thursday June 25</p>	<p>1pm-3pm</p>	<p>In-person</p>
<p></p>	<p>Tuesday May 12 Tuesday May 19 Tuesday May 26 Tuesday June 2 Tuesday June 9 Tuesday June 16 Tuesday June 23 Tuesday June 30</p>	<p>1pm-3pm</p>	<p>Online</p>

Education Programs



We offer a variety of workshops and presentations that address symptoms, care & coping strategies, and future planning. Programs are designed specifically for care partners and for individuals living with dementia to learn more about symptoms and strategies to live well.

To register for any of our education programs: 705-722-1066 ext. 241

Dementia Overview

For Care Partners & General Public

This presentation aims to help people understand how the brain works and what dementia is by explaining the difference between typical aging and changes that may be warning signs of dementia. It also introduces the main types of dementia, reviews common risk factors, and clears up common misconceptions. Finally, it shares information about other learning opportunities through the Alzheimer Society of Simcoe County.

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Thursday April 9	2pm-3pm	In-person
	Friday May 8	12pm-1pm	Online
	Friday June 12	12pm-1pm	Online

Brain Health

For Care Partners & General Public

Join us for an interactive session on how to protect and boost your brain health at any age! We'll explore modifiable risk factors for dementia and share practical tips to keep your mind strong and resilient.

Location	Date	Time	Format
Innisfil Innisfil ideaLab & Library- Lakeshore Branch 967 Innisfil Bech Road	Wednesday April 29	2pm- 3pm	In-person

Support for Care Partners

For Care Partners

This education session explores the emotional impact of caregiving, the challenges it brings, and practical strategies for coping. Participants will also learn about community programs and supports available to help care partners in their role.

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Wednesday April 22	2pm- 3pm	In-person

Help in the Home: Creating a Plan for Support

For Care Partners

This 2-week course is for care partners who are just beginning to support a person living with dementia and who have not yet accessed services or have only accessed minimal services and want to learn more.

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Thursday June 18 Thursday June 25	10am- 11:30am	In-person

Considering Residential Care Options

For Care Partners

This 2-week course is for care partners who are starting to consider the move to a residential care setting that can provide more care than they can manage at home. The course helps participants understand available options and provides key considerations to guide them in making the best decision for themselves and the person living with dementia.

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Friday June 12 Friday June 19	10am- 11:30am	In-person

Taking Control of Our Lives

For Care Partners & People Living with Dementia

This is an 8-week series designed to help people newly diagnosed with dementia and their care partners understand their diagnosis and the changes they will experience. Topics covered include adapting to changes, finding meaning & purpose, communication, safety, independence & decision making, emotional wellness, and building & keeping connections.

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Wednesday May 6 Wednesday May 13 Wednesday May 20 Wednesday May 27 Wednesday June 3 Wednesday June 10 Wednesday June 17 Wednesday June 24	10am- 12pm	In-person

First Steps

For People Living with Dementia & Care Partners


This is a 4-week introductory series for people living with dementia and their care partners. It serves as an opportunity to learn more about what dementia is, adapting to brain changes, planning ahead, and building a circle of support.

Location	Date	Time	Format
Collingwood Collingwood Public Library 55 Ste. Marie St.	Tuesday April 7 Tuesday April 14 Tuesday April 21 Tuesday April 28	10am-12pm	In-person
Barrie Alzheimer Society 20 Anne Street S.	Tuesday April 14 Tuesday April 21 Tuesday April 28 Tuesday May 5	1pm-3pm	In-person
Midland Chartwell Tiffin Retirement Residence 105 Pilsbury Dr.	Tuesday May 5 Tuesday May 12 Tuesday May 19 Tuesday May 26	10am-12pm	In-person

First Steps for Care Partners

For Care Partners

This 4-week introductory series covers the same content as First Steps but is an option solely for care partners.

Location	Date	Time	Format
Orillia Alzheimer Society 250 West Street N., Unit 8 2 nd Floor	Thursday May 7 Thursday May 14 Thursday May 21 Thursday May 28	1:30pm-3:30pm	In-person
	Monday June 1 Monday June 8 Monday June 15 Monday June 22	6pm-8pm	Online

Care Essentials

For Care Partners


This is a 4-week education series for care partners supporting a person in the mid to late stages of dementia. The focus is on what to expect, communicating effectively, responding to behaviour changes, and supporting daily activities.

Location	Date	Time	Format
Orillia Alzheimer Society 250 West Street N., Unit 8 2 nd Floor	Thursday April 16 Thursday April 23 Thursday April 30 Thursday May 7	10am- 12pm	In-person
Barrie Alzheimer Society 20 Anne Street S.	Friday May 15 Friday May 22 Friday May 29 Friday June 5	10am- 12pm	In-person
Wasaga Beach Wasaga Beach Public Library 120 Glenwood Dr.	Tuesday June 2 Tuesday June 9 Tuesday June 16 Tuesday June 23	10am- 12pm	In-person

Care Partner Loss & Grief

For Care Partners

Loss and grief are among the most significant challenges care partners face when supporting someone living with dementia. This workshop helps care partners recognize and navigate the ongoing losses and grief that occur throughout the caregiving journey. Participants will also gain an understanding of supportive services available in the community.

Location	Date	Time	Format
Alliston Matthews House Hospice 131 Wellington Street E.	Wednesday April 15	1pm- 3pm	In-person
	Monday June 29	6pm- 8pm	Online

Learning The Ropes

For Care Partners & People Living with Mild Cognitive Impairment (MCI)

Learning the Ropes, run in collaboration with North Simcoe Muskoka Specialized Geriatric Services, is a 7-week program that supports people living with MCI and their family members/friends. The program focuses on optimizing brain health through memory training, lifestyle choices, and family and social support.

Program Eligibility:

- MCI diagnosis OR memory concern
- Must be independent with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs)
- No dementia diagnosis
- Healthcare provider must complete referral form

Location	Date	Time	Format
Collingwood Collingwood Medical Centre 186 Erie St.	Monday March 16 Monday March 23 Monday March 30 Monday April 13 Monday April 20 Monday April 27 Follow-up session: Monday May 25	10am- 12pm	In-person
Barrie Parkview Community Centre 189 Blake Street.	Thursday April 23 Thursday April 30 Thursday May 7 Thursday May 14 Thursday May 21 Thursday May 28 Follow-up session: Thursday July 2	9:30am- 11:30am	In-person



Social Recreation Programs

Creative Spark

For Care Partners & People Living with early-stage Dementia

Creative Spark is a 6-week art program offered in partnership with local art gallery, MacLaren Art Centre. It is designed for people living with early-stage dementia and their care partners. This program engages participants in a variety of artistic projects and provides the opportunity for self-expression and connection with others. There is no cost to participate, but registration is required.

To Register: Please call 705-722-1066 ext. 241

Location	Date	Time	Format
<p>Barrie MacLaren Art Centre 37 Mulcaster St</p>	<p>Thursday April 2 Thursday April 9 Thursday April 16 Thursday April 23 Thursday April 30 Thursday May 7</p>	<p>1pm- 3:30pm</p>	<p>In-person</p>
<p>Barrie MacLaren Art Centre 37 Mulcaster St</p>	<p>Thursday May 14 Thursday May 21 Thursday May 28 Thursday June 4 Thursday June 11 Thursday June 18</p>	<p>1pm- 3:30pm</p>	<p>In-person</p>

In-Home Recreation

For Care Partners & People Living with Dementia

This program offers personal visits from a Therapeutic Recreation Specialist who will facilitate a variety of person-centered recreation and leisure-based activities in the comfort of your own home. It consists of weekly 1.5-hour visits for a duration of 12 weeks, providing social connection for the person living with dementia and brief respite for the care partner.

Minds in Motion

For Care Partners & People Living with Early to Mid-stage Dementia

Minds in Motion® is an 8-week community-based social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from:

- Increasing physical activity through gentle group exercise.
- Establishing new friendships with others who are living with similar experiences.
- Engaging in fun, social activities.

To Register: Please call 705-722-1066 ext. 241

Location	Date	Time	Format
Barrie Allendale Recreation Centre 190 Bayview Dr.	Tuesday April 7 Tuesday April 14 Tuesday April 28 Tuesday May 5 Tuesday May 12 Tuesday May 19 Tuesday May 26 Tuesday June 2	1pm-3pm	In-person
Midland Chigamik Community Health Hub 287 Bayshore Dr.	Monday April 13 Monday April 20 Monday May 4 Monday May 11 Monday May 25 Monday June 1 Monday June 8 Monday June 15	1:30pm-3:30pm	In-person
Collingwood Collingwood Public Library 55 Ste Marie St.	Wednesday May 6 Wednesday May 13 Wednesday May 20 Wednesday May 27 Wednesday June 3 Wednesday June 10 Wednesday June 17 Wednesday June 24	1pm-3pm	In-person

Social Café

For Care Partners

We are pleased to introduce our new Social Café program for registered care partners of the Alzheimer Society of Simcoe County. These gatherings offer a welcoming space to relax, connect, and share experiences with others who understand the dementia journey. This program is generously sponsored by Chartwell Retirement Residences, Atrium Retirement Residence and Bradford West Gwillimbury Public Library.

Location	Date	Time	Format
Collingwood Chartwell Balmoral Retirement Community 8 Harbour St. W	Thursday March 12 Thursday April 2	1pm-3:00pm	In-person
Collingwood Chartwell Georgian Traditions Retirement Residence 57 Trott Blvd	Thursday May 7	1pm-3:00pm	In-person
Midland Chartwell Tiffin Retirement Residence 105 Pillsbury Dr	Thursday March 19 Thursday April 9 Thursday May 14	1pm-3:00pm	In-person
Barrie Chartwell Allandale Station Retirement Residence 357 Yonge St.	Thursday March 26 Thursday April 16	1pm-3:00pm	In-person
Barrie Chartwell Whispering Pines Retirement Residence 140 Letitia St.	Thursday May 21	1pm-3:00pm	In-person
Orillia Atrium Retirement Residence 230 Coldwater Rd.	Friday March 20 Friday April 17 Friday May 15	2pm-3:30pm	In-person
Bradford Bradford West Gwillimbury Public Library 425 Holland Street W.	Tuesday April 21 Tuesday May 19 Tuesday June 23 Tuesday July 21	1pm-3pm	In-person

Music Project

For People Living with Dementia

The Music Project provides a FREE music player and personalized music to improve the quality of life of those living with dementia.

The music package includes:

- Sandisk device
- Over-the-ear headphones
- Personalized music playlist
- On-going technical support

If you, or someone you know, would benefit from the Music Project, please call our office at 705-722-1066 or fill out an online registration form for the person living with dementia: <https://www.musicproject.ca/apply/>



Additional Resources

Information

Brochures and information sheets about dementia, including signs and symptoms, progression, and caregiving tips are available on request and at the Barrie office.

Contact Information

Address: 20 Anne Street South, Barrie

Phone: 705-722-1066 OR 1-800-265-5391

Email: simcoecounty@alzheimersociety.ca

Web: <https://alzheimer.ca/simcoecounty/en>

Hours: Mon – Fri 8:30am – 4:30pm (closed 12pm – 1pm for lunch)

Walk-ins are **welcomed**.

Support After Hours

Health811	Ontario Caregiver Organization	211
Call 811 Chat online Website: https://health811.ontario.ca/	Call 1-833-416-2273 Chat online Website: https://ontariocaregiver.ca/	Call 211 Available 24 hours/day Website: https://211.ca/

RecDesk Registration

The Alzheimer Society has a **new registration app called RecDesk** for our support groups, aimed at making the registration process more efficient. If you are interested in signing up for a support group, you will need to create a one-time login to access our program calendar, and from there, you'll register monthly for the support group you wish to attend.

To register, go to <https://assc.recdesk.com/Community/Home>

Here you will be able to access our online calendar for more information.

If you do not have access to the internet or need support registering, please contact the coordinator for the group you are interested in attending.

Please see detailed instructions for:

- Creating an account (page 24)
- Selecting a program (page 25)

Registration Guide – Creating an Account

RECDESK

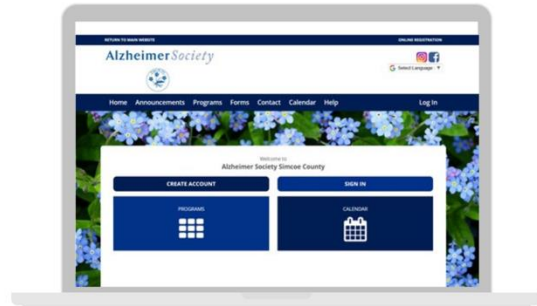
DESKTOP

Registration guide for new users

Step 1

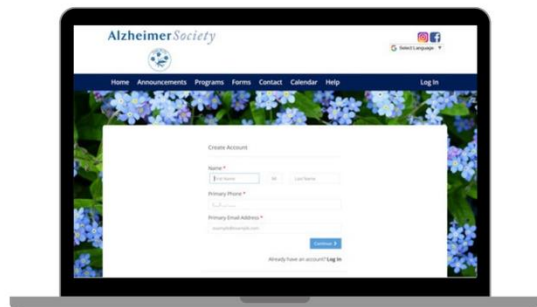
Go to: <https://assc.recdesk.com/Community/Home>.

This should take you to the RecDesk Alzheimer Society of Simcoe County log in page. Please click "Create Account".



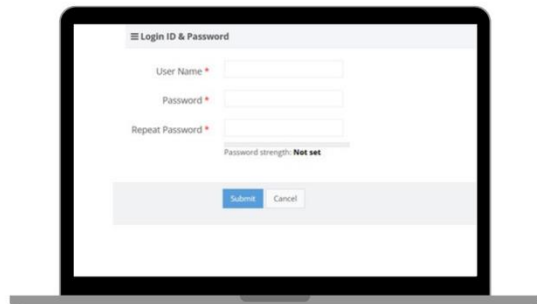
Step 2

Please fill in the create an account form requirements and click "Continue" once complete.



Step 3

Fill in the information required and then create a username and password for your account. Click "Submit" and your account should be complete!



Step 4

Once complete, your account information should pop up, and you will be ready to start registering for programs on RecDesk.



★ Questions that are followed by a red asterisk (*) require responses.

Registration Guide – Selecting a Program

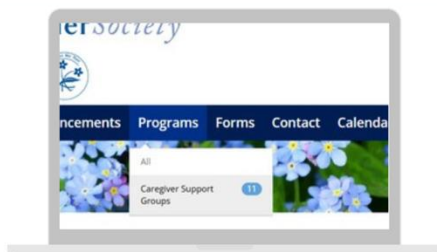
RECDESK

DESKTOP

Registration once logged into RecDesk

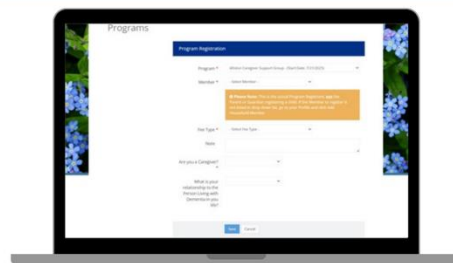
Step 1

On the tabs bar please select “Programs” and the drop-down bar should allow you to select the type of program you’d like.



Step 2

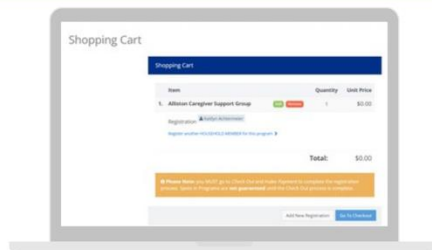
Select the program you would like to register for, select yourself as the member and the fee of 0\$ and then click “Save”.



Step 3

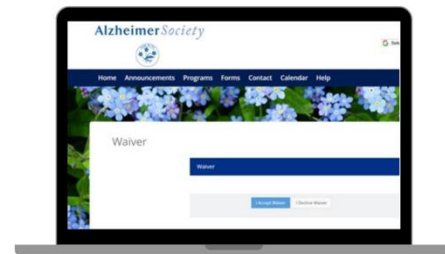
This program should now be in your “Shopping Cart”.

Click “Go To Checkout”.



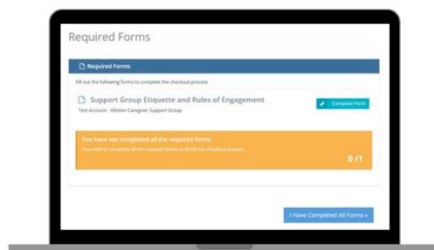
Step 4

RecDesk will then ask you to read and acknowledge the Alzheimer Society of Simcoe County program participation waiver. Please read and then click “I Accept Waiver”.



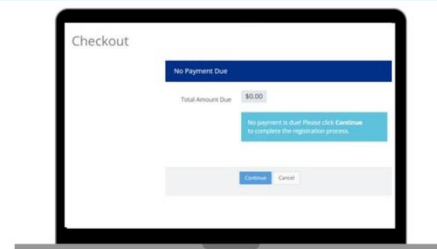
Step 5

Then you will be asked to complete the required forms. Please read through, answer all questions and submit the form by clicking “I Have Completed All Forms”.



Step 6

Once complete, you will be sent to checkout. All programs at The Alzheimer Society of Simcoe County are free, so no need to get your wallet just click “Continue” and you are set!



★ Questions that are followed by a red asterisk (*) require responses.

Upcoming – Social Event: IG Walk for Alzheimer’s



REGISTER TODAY!
WHO ARE YOU WALKING FOR?

MAY 31st
AT SPRINGWATER
PROVINCIAL PARK
10:30 AM

Join Simcoe County’s Walk for Alzheimer’s to raise awareness and funds that stay right here in our community – supporting local programs, services, education, and families affected

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER’S
AlzheimerSociety

DID YOU KNOW?

11,500 people in Simcoe County are living with dementia.

1 in 4 Canadians will act as a caregiver – and families here in Simcoe County need local support now more than ever.

To Register:
www.alzheimersociety.ca/simcoecounty
For More Information:
jgrant@alzhelmersociety.ca
705-722-1066

Live in Orillia or Collingwood? Use the link to find walks in your area hosted by the Alzheimer Society of Simcoe County where all walk funds stay local.

<https://assc.akaraisin.com/ui/walk2026>

Upcoming – Social Event: Soup’s On!

Soup's On!

· Event Details ·

 **Barrie Legion**
410 St. Vincent Street, Barrie

 **March 29, 11am – 2 pm**

Tickets \$25 per person

**Alzheimer Society
of Simcoe County**

All proceeds go to the
Alzheimer Society of Simcoe County