

Programs & Services Guide

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

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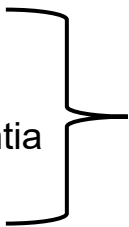
Executive Summary

This guide provides an overview of the Alzheimer Society of Simcoe County's programs and services for July to September 2026. All of our programs and services are **free of charge** and include 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).

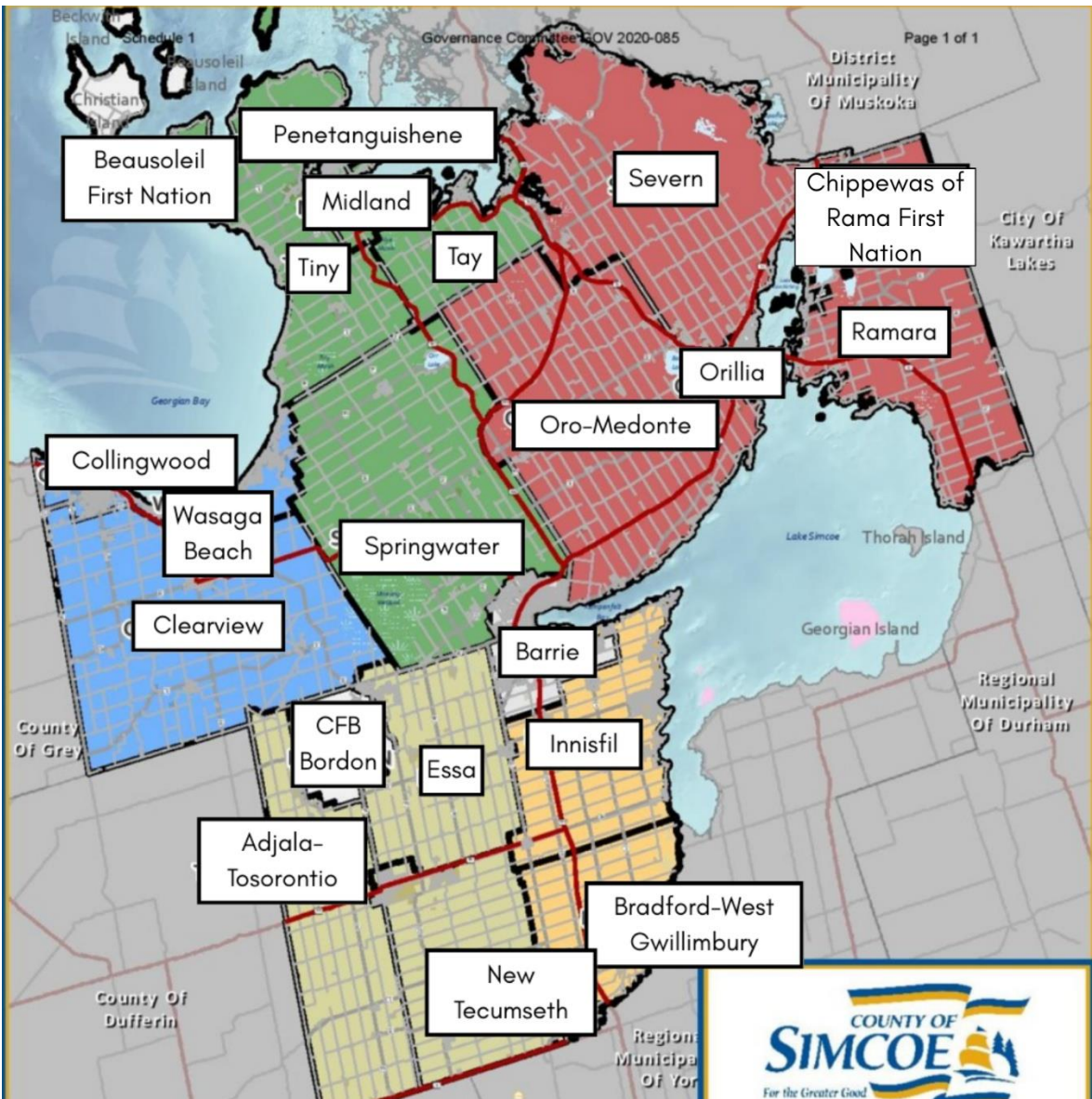


The Alzheimer Society of Simcoe County celebrates diversity and strives to provide equitable and inclusive services. We are proud to share our staff have completed Safer Spaces 2SLGBTQIA+ Cultural Competency training.

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.

Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

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 Group Registration

The Alzheimer Society of Simcoe County is pleased to announce that registration for our support groups is moving from Rec Desk to **Eventbrite**.

Our support groups will continue to be offered on the same scheduled days and times and will remain **free of charge** for all participants. Please note that program registration is on a monthly basis and registration for the group will become available the month before the group.

To Register: follow the link below, choose the support group you wish to attend, and reserve your spot.

<https://www.eventbrite.ca/o/alzheimer-society-of-simcoe-county-45848286053>



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

Support Groups - For Care Partners

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.

Eligibility: Care partners of a person living with dementia, regardless of living situation

Location	Dates	Time	Coordinator
Orillia Alzheimer Society 250 West St. N Suite 8 (2 nd floor)	Wednesday July 8 Wednesday Aug 5 Wednesday Sept 2	1pm-2:30pm	Ashley Crowder 705-722-1066 Ext. 243
Wasaga Beach Wasaga Beach United Church 380 Zoo Park Rd.	Wednesday July 8 Wednesday Aug 5 Wednesday Sept 2	10am-11:30am	Carly Munro 705-722-1066 ext. 225


Collingwood Collingwood Public Library 55 St. Marie Street	Thursday July 16 Thursday August 20 Thursday Sept 17	10am-11:30am	Carly Munro 705-722-1066 ext. 225
Barrie Alzheimer Society 20 Anne St. South	Thursday July 9 Thursday August 13 Thursday Sept 10	10am-11:30am	Madi Andrews 705-722-1066 ext. 227
Barrie Alzheimer Society 20 Anne St. South	Tuesday July 21 Tuesday August 18 Tuesday Sept 15	10am-11:30am	Madi Andrews 705-722-1066 ext. 227
Innisfil Innisfil Public Library 967 Innisfil Beach Rd.	Thursday July 16 Thursday August 20 Thursday Sept 17	1:30pm-3pm	Shiju Joseph 705-722-1066 ext. 223
Bradford Elden Retirement Home 3131 8 th Line	Tuesday July 21 Tuesday August 18 Tuesday Sept 20	10am-11:30am	Shiju Joseph 705-722-1066 ext. 223
Alliston St. John's United Church 56 Victoria St. E	Monday July 20 Monday August 17 Monday Sept 21	10am-11:30am	Shiju Joseph 705-722-1066 ext. 223
Penetanguishene Bayfield House 5 Beck Blvd	Wednesday July 29 Wednesday Aug 26 Wednesday Sept 30	1pm-2:30pm	Amorina Mancini 705-722-1066 ext. 236
	Tuesday July 7 Tuesday August 4 Tuesday Sept 1	7pm-8:30pm	Ashley Crowder 705-722-1066 ext. 243
	Wednesday, July 8 Wednesday, Aug 12 Wednesday Sept 9	10am-11:30am	Amorina Mancini 705-722-1066 ext. 236

****Please note** the Orillia Support Group on August 5 will include a customized session around the topic of Ambiguous Loss and Grief.

Support Groups - For People Living with Dementia

This support group is available to individuals who are living with Alzheimer's disease or related dementias. Join a **free** dementia support group to discuss your experiences and symptoms openly to a group of peers experiencing similar challenges.

Eligibility: People living with dementia in the early stages who can navigate the group virtually with little assistance

Location	Date	Time	Coordinator
	Thursday Sept 24	10am- 11:30am	Carly Munro 705-722-1066 ext. 225

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

Eligibility: Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group)

The next TEACH groups will run in the fall. If you are interested in the TEACH program, please contact your Family Support Coordinator or First Link Care Navigator, or call 705-722-1066 ext. 241.

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.

Eligibility: Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group)

To Register: contact your Family Support Coordinator or First Link Care Navigator, or call 705-722-1066 ext. 241

Location	Date	Time	Format
Alliston Matthews House Hospice 131 Wellington St. East	Tuesday Sept 8 Tuesday Sept 15 Tuesday Sept 22 Tuesday Sept Tuesday Oct 6 Tuesday Oct 13 Tuesday Oct 20 Tuesday Oct 27	10am- 12pm	In-person

Facing Dementia Together

A problem-solving workshop for care partners of people living with dementia.

This in-person, one-day small group workshop offers a safe and supportive space to learn, reflect, and build practical skills to help manage everyday caregiving challenges.

In this workshop you will receive:

- Simple tools to solve daily caregiving problems
- Hands-on coaching with experienced group leaders to practice new strategies
- The chance to connect with others who understand your experience

Refreshments and lunch will be provided.

This workshop is based on program concepts from the CARERS group for care partners of people living with dementia.

Eligibility: Care partners of a person living with dementia, regardless of living situation

To Register: contact your Family Support Coordinator or First Link Care Navigator, or call 705-722-1066 ext. 241

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Wednesday July 29	9am-4pm	In-person
Collingwood Chartwell Balmoral Retirement Residence 8 Harbour Street W.	Thursday August 6	9am-4pm	In-person
Orillia Alzheimer Society 250 West Street N.	Thursday August 13	9am-4pm	In-person

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.

Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

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


Heads Up for Healthier Brains - For Care Partners & General Public

This 4-week education program explores ways to protect and boost your brain health at any age! Topics discussed include typical aging versus not typical aging, getting your brain and body in gear, nutrition and brain health, and social engagement.

Location	Date	Time	Format
Innisfil Innisfil ideaLab & Library- Lakeshore Branch 967 Innisfil Bech Road	Thursday July 30 Thursday August 6 Thursday August 13 Thursday August 20	1pm- 3pm	In-person


Finding Your Way - For Care Partners & General Public

Finding Your Way helps people living with dementia stay safe and connected. Learn how to reduce the risk of going missing and plan for emergencies. Featuring a guest speaker from the Ontario Provincial Police.

Location	Date	Time	Format
	Wednesday July 22	1pm- 3pm	Online


Dementia Overview - For Care Partners & General Public

This presentation helps people understand how the brain works and what dementia is by explaining the difference between typical aging and not typical aging. It introduces the main types of dementia, reviews common risk factors, and misconceptions, and reviews programs and services available through the Alzheimer Society of Simcoe County.

Location	Date	Time	Format
	Tuesday July 7	11am-12pm	Online


Driving and Dementia - For Care Partners & People Living with Dementia

This presentation explores why talking about driving is part of the dementia journey, things to consider for when the person living with dementia may retire from driving, and support resources when trying to help someone retire from driving.

Location	Date	Time	Format
	Tuesday August 11	11am-12pm	Online

8 As of Dementia - For Care Partners

This 2-week series will explore the common symptoms of dementia as the 8 As of dementia: amnesia, agnosia, anosognosia, apraxia, altered perception, attention deficit, aphasia and apathy. Each week will look at 4 of the 8 As.

Location	Date	Time	Format
	Wednesday Sept 16 Wednesday Sept 23	6pm-8pm	Online


First Steps - For Care Partners & People Living with Dementia

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
Orillia Alzheimer Society 250 West Street N., 2 nd Floor	Thursday July 9 Thursday July 16 Thursday July 23 Thursday July 30	10am-12pm	In-person
Barrie Alzheimer Society 20 Anne Street S.	Friday July 10 Friday July 17 Friday July 24 Friday July 31	10am-12pm	In-person
Collingwood Collingwood Public Library 55 Ste Marie St., 3 rd Floor	Wednesday Sept 2 Wednesday Sept 9 Wednesday Sept 16 Wednesday Sept 23	10am-12pm	In-person
Alliston Matthews House Hospice 131 Wellington Street E.	Friday Sept 11 Friday Sept 18 Friday Sept 25 Friday Oct 2	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
	Wednesday Aug 5 Wednesday Aug 12 Wednesday Aug 19 Wednesday Aug 26	10am-12pm	Online


Meaningful Activities - For Care Partners

Discover how meaningful activities can enhance well-being for people living with dementia. This session shares simple, practical ways to spark engagement and connection—plus highlights local supports for care partners and families. Join us and get inspired!

Location	Date	Time	Format
	Thursday August 13	1pm-2pm	Online

Care in the Later Stages - For Care Partners

This 3-week program will help you prepare for the later stages of dementia, discuss care strategies including ways to enhance quality of life, and the importance of taking care of yourself throughout the dementia journey.

Location	Date	Time	Format
	Tuesday Aug 25 Tuesday Sept 1 Tuesday Sept 8	9am-11am	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
Barrie Alzheimer Society 20 Anne Street S.	Tuesday July 28 Tuesday Aug 4 Tuesday Aug 11 Tuesday Aug 18	1pm- 3pm	In-person
Orillia Alzheimer Society 250 West Street N., 2 nd Floor	Thursday Sept 10 Thursday Sept 17 Thursday Sept 24 Thursday Oct 1	2pm-4pm	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
 zoom	Monday Sept 28	1pm-3pm	Online

U-First for Care Partners - For Care Partners

The goals of this 3-week program are to increase your confidence and skills so you can understand and respond to behaviour changes in order to:

- Reduce behaviour changes using the U-First!® framework
- Enhance your well-being and the well-being of the person you are caring for who is experiencing behaviour changes
- Improve collaboration among all team members using a common approach, language and care practices

PROGRAM REGISTRATION AND ASSESSMENT ARE REQUIRED. REGISTRATION CLOSSES 1 WEEK BEFORE THE GROUP START DATE. THE PROGRAM COORDINATOR WILL CONTACT YOU FOR YOUR ASSESSMENT.

Location	Date	Time	Format
Barrie Alzheimer Society 20 Anne Street S.	Tuesday Sept 22 Tuesday Sept 29 Tuesday Oct 6	10am-12pm	In-person

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
<p>Collingwood Collingwood Medical Centre 186 Erie St.</p>	<p>Monday Sept 14 Monday Sept 21 Monday Sept 28 Monday Oct 5 Monday Oct 19 Monday Oct 26</p> <p>Follow-up session: December 14</p>	<p>10am- 12pm</p>	<p>In-person</p>



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.

Eligibility: for people living in the community (**not** including retirement homes or long-term care homes) with early-stage dementia and their care partners

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

Please note there will be no Creative Spark programming running in the summer. **The next Creative Spark groups will run in the fall.**

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.

Eligibility: for people living in the community (**not** including retirement homes or long-term care homes) with early to mid-stage dementia who do not require personal support during the visit and have no known behavioural concerns

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.

Eligibility: for people living in the community (**not** including retirement homes or long-term care homes) with early to mid-stage dementia and their care partners

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

Location	Date	Time	Format
Alliston The Gibson Centre 63 Tupper St W.	Mondays: July 6, 13, 20, 27 August 10, 17, 24 & 31	1:30pm- 3:30pm	In-person
Barrie Chartwell Allendale Station Retirement Residence 357 Young St	Wednesdays: July 8, 15, 22, 29 August 5, 12, 19 & 26	10am- 12pm	In-person
Orillia Alzheimer Society 250 West Street N., 2 nd Floor	Tuesdays: July 7, 14, 21, 28 August 4, 11, 18 & 25	1pm- 3pm	In-person
Collingwood Collingwood Public Library 55 Ste Marie St.	Thursdays: July 16, 23, 30 August 6, 13, 20, 27 & September 3	1pm-3pm	In-person

Good Day Café - For Care Partners

A relaxed drop-in program for registered care partners of the Alzheimer Society of Simcoe County designed to reduce isolation and support peer connection. Connect with others, share experiences, and find support in a welcoming environment.

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 July 9 Thursday Sept 10	1pm-3pm	In-person
Collingwood Chartwell Georgian Traditions Retirement Residence 57 Trott Blvd	Thursday June 11 Thursday August 13	1pm-3pm	In-person
Midland Chartwell Tiffin Retirement Residence 105 Pillsbury Dr	Tuesday June 16 Tuesday July 7 Tuesday August 4 Tuesday Sept 1	1pm-3pm	In-person
Barrie Chartwell Allandale Station Retirement Residence 357 Yonge St.	Thursday July 30 Thursday Sept 24	1pm-3pm	In-person
Barrie Chartwell Whispering Pines Retirement Residence 140 Letitia St.	Thursday June 25 Thursday August 27	1pm-3pm	In-person
Orillia Atrium Retirement Residence 230 Coldwater Rd.	Friday June 12 Friday July 24 Friday August 21 Friday Sept 18	2pm-3:30pm	In-person
Bradford Bradford West Gwillimbury Public Library 425 Holland Street W.	Tuesday June 23 Tuesday July 14 Tuesday August 11 Tuesday Sept 15	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 **welcomed.**

Support After Hours

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

Upcoming – Social Event: IG Walk for Alzheimer’s



This poster features a blue silhouette of a person walking on a path through a wooded area. On the left, there is a QR code with the text "Register Here" below it. Below the QR code is a photo of an elderly woman in a pink jacket sitting in a wheelchair. To the right of the silhouette, the text reads: "WALK FOR ALZHEIMER'S" in large blue letters, followed by a small heart icon. Below that, it says "Join us Saturday, June 6th at Collingwood's Harbourview Park to walk in support of those living with Alzheimer's". Further down, it provides contact information: "For more information: jgrant@alzheimersociety.ca | 705-722-1066". At the bottom, the Alzheimer Society SIMCOE COUNTY logo is displayed, along with logos for ROCK 95 (CLASSIC ROCK. NEW ROCK. GET IT ALL.), 107.5 KOOLFM, and Barrie 360.

WALK FOR ALZHEIMER'S

Join us Saturday, June 6th
at Collingwood's
Harbourview Park to walk
in support of those living
with Alzheimer's

For more information:
jgrant@alzheimersociety.ca | 705-722-1066

Alzheimer Society
SIMCOE COUNTY

ROCK 95 CLASSIC ROCK. NEW ROCK. GET IT ALL. **107.5 KOOLFM** **Barrie 360**



This poster is identical in layout to the one above, featuring a blue silhouette of a person walking on a path through a wooded area. On the left, there is a QR code with the text "Register Here" below it. Below the QR code is a photo of an elderly woman in a pink jacket sitting in a wheelchair. To the right of the silhouette, the text reads: "WALK FOR ALZHEIMER'S" in large blue letters, followed by a small heart icon. Below that, it says "Join us Saturday, June 20th at Orillia's, Tudhope Park to walk in support of those living with Alzheimer's". Further down, it provides contact information: "For more information: jgrant@alzheimersociety.ca | 705-722-1066". At the bottom, the Alzheimer Society SIMCOE COUNTY logo is displayed, along with logos for ROCK 95 (CLASSIC ROCK. NEW ROCK. GET IT ALL.), 107.5 KOOLFM, and Barrie 360.

WALK FOR ALZHEIMER'S

Join us Saturday, June 20th
at Orillia's, Tudhope Park to walk
in support of those
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For more information:
jgrant@alzheimersociety.ca | 705-722-1066

Alzheimer Society
SIMCOE COUNTY

ROCK 95 CLASSIC ROCK. NEW ROCK. GET IT ALL. **107.5 KOOLFM** **Barrie 360**

Upcoming – Social Event: Summer Socials



Alzheimer Society
SIMCOE COUNTY

Calling all clients of the Alzheimer Society of Simcoe County!

12:30 – 2:30 pm

Please join us for an afternoon filled with games, conversation, and fun!

WEDNESDAY JULY 29 – ORILLIA
West Orillia Sports Complex
100 University Ave.

We'll be in the pavilion next to the tennis courts.
Please bring a lawn chair if you're able.

THURSDAY JULY 30 – BARRIE
Parkview Community Centre
189 Blake St.

THURSDAY AUGUST 6 – COLLINGWOOD
Collingwood Public Library
55 Ste. Marie St.

RSVPs appreciated. Please email programstudent@alzheimersociety.ca



Upcoming – Social Event: Summer Walking Group

Alzheimer Society

S I M C O E C O U N T Y

WALKING GROUPS

The Alzheimer Society of Simcoe County is offering a drop-in walking group this summer—a great opportunity to get outdoors, socialize, and stay active. This one-hour program is open to individuals living with dementia and their care partners. Care partners are welcome to attend on their own; however, for safety reasons, participants living with dementia must be accompanied by at least one care partner unless otherwise approved by program coordinators.

The program follows a flexible drop-in format, so there's no need to commit to all five weeks—join us on the dates that work best for you. Walking poles will be available for participants to use at their discretion. This group is best suited for individuals who can walk for 30 minutes at a moderate pace.

Participants will meet in the parking lot of the designated location at 10:00 a.m. After a brief warm-up and light stretching, the group will begin walking promptly at 10:15 a.m. Please arrive on time so facilitators can account for all attendees.

FOR MORE INFORMATION OR TO SIGN UP FOR SPECIFIC DATES, PLEASE CONTACT AVERY AT:

**PROGRAMSTUDENT@ALZHEIMERSOCIETY.CA
OR CALL 705-722-1066**



TUESDAY

JUNE 9TH - AUGUST 18TH

10:00AM - 11:00AM

HARBOURVIEW PARK,
CEDAR ST, COLLINGWOOD

WEDNESDAY

JUNE 10TH - AUGUST 19TH

10:00AM - 11:00AM

TUDHOPE PARK 450 ATHERLEY
RD., ORILLIA

THURSDAY

JUNE 11TH - AUGUST 20TH

10:00AM - 11:00AM

SUNNIDALE PARK
265 SUNNIDALE RD, BARRIE