

### SUPPORT GROUPS

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

#### Support for Care Partners

<b>Online</b> Zoom	Fridays 9:30 - 11 a.m. Oct, 11, Nov 8, Dec 13
<b>Ajax</b> Ajax Community Centre 75 Centennial Rd.	Tuesdays 1 - 2:30 p.m. Oct 1, Nov 5, Dec 10
<b>Clarington</b> BOAA 26 Beech St., Bowmanville	Tuesdays 6 - 7:30 p.m. Oct 8, Nov 12, Dec 10
<b>Port Perry</b> Community Care Durham 6100 Old Simcoe Rd	Fridays 10 - 11:30 a.m. Oct 25, Nov 22, Dec 20
<b>Uxbridge</b> Uxbridge Health Centre 4 Campbell Dr Building B	Tuesdays 1 - 2:30 p.m. Oct 8, Nov 12, Dec 10
<b>Whitby</b> ASDR Office	Fridays 9:30 - 11 a.m. Oct 25, Nov 22, Dec 20
<b>Wilmot Creek</b> 1 Wheelhouse Dr, Newcastle <b>Open to residents only</b>	Wednesdays 2 - 3:30 p.m. Oct 16, Nov 20, Dec 18


#### Support for Adult Children Caregivers

<b>Whitby</b> ASDR Office	Saturdays 10 a.m. - 12 p.m. Oct 12, Nov 9, Dec 14
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#### Support for Young Adult Caregivers

<b>Online</b> Zoom	Thursdays 6 p.m. - 7 p.m. Oct 17, Nov 21, Dec 19
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#### Reitman Centre: Enhancing Care Programs

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.	 <b>Sinai Health System</b> <small>THE CYRIL &amp; DOROTHY, JOEL &amp; JILL REITMAN CENTRE FOR ALZHEIMER'S SUPPORT AND TRAINING</small> <b>TEACH (4 weeks   1.5 hrs)</b> <b>CARERS (8 weeks   2 hrs)</b>
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#### Support for Caregivers of those in Long-Term Care or Retirement Homes

<b>Online</b> Zoom	Mondays 6 - 7:30 p.m. Oct 7, Nov 4, Dec 2
<b>Whitby</b> ASDR Office	Tuesdays 1 - 2:30 p.m. Oct 15, Nov 19, Dec 17

#### Peer-Led Support

<b>Online Support Group</b> Zoom	Wednesdays 10 - 11:30 a.m. Oct 30, Nov 27, Dec 18
<b>Whitby Support Group</b> ASDR Office	Wednesdays 1 - 2:30 p.m. Oct 16, Nov 20, Dec 18
<b>Women's Coffee Break</b> Bowmanville Family Restaurant 231 King St. E	Wednesdays 2 - 3:30 p.m. Oct 2, Nov 6, Dec 4
<b>Pickering Support</b> Amica Pickering 1450 Pickering Pkwy 	Wednesdays 6:30 - 7:30 p.m. Oct 9, Nov 13, Dec 11
<b>Ajax Coffee Break</b> The Blue Rooster 676 Monarch Ave 	Thursdays 10 - 11:30 a.m. Oct 17, Nov 21, Dec 19
<b>Men's Breakfast Club</b> Whitby, Online and in-person	Every Wednesday 9 - 11 a.m. October 2 to December 20

#### Peer-to-Peer Support

Peer-to-Peer Support provides an opportunity for individuals with similar experiences to connect and offer support to one another and help navigate the caregiving dementia journey. Contact us to learn more.


#### 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 to learn more.

## 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>Ajax</b> Ajax Community Centre 75 Centennial Rd.	Wednesdays 10 a.m. - 12 p.m. Oct 9 to Nov 27
<b>Bowmanville BOAA</b> 26 Beech St. Bowmanville	Wednesdays 1:15 - 3:15 p.m. Oct 2 to Nov 27 *no class Oct 30*
<b>Cannington</b> The Nourish and Develop Foundation 16 York St	Mondays 12:45 - 2:45 p.m. Sept 23 to Nov 18 *no class Oct 14*
<b>Port Perry</b> St. John's Presbyterian Church 319 Queen Street	Thursdays 10 a.m. - 12 p.m. Oct 24 to Dec 19 *no class Nov 7*
<b>Oshawa</b> St. John's Hall   31 Bloor St E 	Tuesdays 12:45 - 2:45 p.m. Oct 1 to Nov 19
<b>Uxbridge</b> Uxbridge Library 9 Toronto St S, Uxbridge	Thursdays 1 - 3 p.m. Sept 26 to Nov 14 *no class Nov 7*
<b>Whitby</b> Amica Taunton   85 Taunton Rd E	Tuesdays 10 a.m. - 12 p.m. Oct 15 to Dec 3

### Brain Waves Café

<b>Ajax</b> Tuesdays 1 - 2:30 p.m.	October 15 & November 19 Audley Recreation Centre Library 1955 Audley Rd December 10 Ajax Library Main Branch 55 Harwood Ave S
<b>Bowmanville</b> BOAA	Thursdays 1:30 - 3 p.m. Oct 3, Nov 7, Dec 5

### 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.

### 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>Uxbridge</b> Aspira Douglas Crossing   6 Douglas Rd Fridays 10:30 am. - 12:30 p.m. Oct 11, 18, 25 Nov 1
	<b>Bowmanville</b> Garnet B Rickard Complex   2440 Highway 2 Thursdays 2 - 4:30 p.m. Nov 14 & 21
	<b>Online - Zoom</b> Tuesdays 6 - 8 p.m. Nov 26, Dec 3, 10, 17
<b>Options for Care</b>	<b>Ajax</b> Ajax Library Main Branch Mondays 1:30 - 4:30 p.m. Nov 4, 11, 18
<b>Care Essentials</b>	<b>Online - Zoom</b> Tuesdays 6 - 8 p.m. Oct 29, Nov 5, 12 & 19
<b>U-First!® For Care Partners</b>	<b>Whitby</b> ASDR Office   1600 Stellar Dr., Suite 202 Friday 1 - 4 p.m. November 15

### Services en français

<b>Le Salon des Échanges</b> (Coffee Break)	<b>Whitby</b> The Gibson at Amica Taunton Wednesdays 10 - 11:30 a.m. Oct 9, Nov 13, Dec 11
<b>Les Jeux de Réflexion</b> (Brain Waves Café)	À venir bientôt. Contactez-nous pour plus d'informations. Coming soon. Please contact us for more information.

### Monthly Spotlight Speaker Series

<b>Online Zoom</b> 7 - 8 p.m.	Oct 28 - Ontario Health at Home Nov 25 - 8 A's of Dementia Dec 16 - Care Partner Well Being
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### Health Care Professionals Speaker Series

<b>Online Zoom</b> 2 - 3 p.m.	Monday, October 28 - Pain & Dementia with Brenda Derdaele, RN
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### Virtual Dementia Tour®

<b>Whitby</b> ASDR Office	Wednesday 1 - 4 p.m. October 2 Wednesday 5 - 7 p.m. November 13
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1600 Stellar Dr., Suite 202 Whitby, ON, L1N 9B2

[www.alzheimer.ca/durham](http://www.alzheimer.ca/durham) | 905-576-2567 or 1-888-301-1106 | [information@alzheimerdurham.com](mailto:information@alzheimerdurham.com)

