

# Family Education for those Experiencing Dementia Fall 2019 Calendar

## CARE4U FAMILY CONFERENCE



A conference for family and friends caring for a person with dementia

Join us for a day of learning, reflection and networking.

Saturday, October 26, 2019, 9 am - 3:30 pm  
Canadian Mennonite University - 500 Shaftesbury Blvd.

Cost: \$40 includes lunch

[Register Online Today!](#)

## SPOTLIGHT ON DEMENTIA RESEARCH

### WHAT'S HAPPENING NOW AND ITS IMPACT ON THE FUTURE

Tuesday, Sept. 24, 2019, 7 – 8:30 pm  
Samuel N. Cohen Auditorium  
St. Boniface Hospital 351 Tache Ave



Researchers are looking for ways to prevent dementia, to improve the quality of life of those impacted and to find a cure. Hear Dr. Sivananthan discuss the latest research, new findings and what it means for the future of dementia.

**Keynote:** Dr. Saskia Sivananthan, Chief Research & Knowledge, Translation and Education Officer, Alzheimer Society of Canada

## FINANCIAL CONFIDENCE WORKSHOP

### IG WEALTH MANAGEMENT FINANCIAL CONFIDENCE WORKSHOP

Wednesday November 6, 2019, 7 pm  
IG Wealth Management, 20<sup>th</sup> floor - 201 Portage Ave.

Presenters: Ray Padua, BComm Hons, CFP, CLU, RRC (Registered Retirement Consultant);  
Emily Mayoralgo, Financial Consultant; Uwe Betzing, Financial Consultant



## LIVING WITH DEMENTIA: FIRST STEPS

### PART ONE: Saturday, September 28, 9 am – 12 pm

- Overview of dementia
- Activities to experience what it might be like to have dementia
- We're here for you – the Alzheimer Society

### PART TWO: Saturday, November 16, 9 am – 12 pm

- Safety for the person with dementia and their care partners
- Legal and financial matters

### PART THREE: Saturday, December 7, 9 am – 12 pm

- Navigating housing and care options
- Advocating for the person with dementia
- Care for yourself
- Family perspectives

Sessions are located at: Windsor Park United Church - 1062 Autumnwood Dr., Winnipeg, MB

Refreshments and resources are included Sessions are \$10 each

## FAMILY EDUCATION: NEXT STEPS

### YOUNG ONSET DEMENTIA

Gain an understanding of the strategies to use when supporting a person with young onset dementia.

Thursday, September 12, 2019, 7-8:30 pm  
Riverwood Square - 1778 Pembina Hwy.

Speaker: Dr. Mandana Modirrousta, St. Boniface Hospital

### PHYSICAL ACTIVITY AND SOCIAL ENGAGEMENT

Learn exercises and tips for social engagement to help enhance physical and emotional health.

Wednesday, October 9, 2019, 7-8:30 pm  
Sturgeon Creek I - 10 Hallonquist Dr.

Speaker: Kathy Diehl Cyr and Angie Arshad, Alzheimer Society

### TRAVELING WITH A PERSON WITH DEMENTIA

Traveling with someone who has dementia requires planning to ensure the experience is enjoyable for all.

Thursday, November 7, 2019, 7-8:30 pm  
River Ridge II Retirement Residence - 2701 Scotia St.

Speaker: Carla Macdonald and Alzheimer Society Client Support

These sessions are complimentary, but please pre-register

Three easy ways to register:

1. Online [alzheimer.mb.ca](http://alzheimer.mb.ca) 2. Email [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca) 3. Call 204-943-6622 or 1-800-378-6699

# Family Education for those Experiencing Dementia Fall 2019 Calendar

## MINDS IN MOTION®

The **Minds in Motion**® program connects people living with early to moderate symptoms of dementia through physical activity, socialization and cognitive activities.

### HOW TO REGISTER

Registration occurs through the location where the **Minds in Motion**® program takes place. **Cost: \$65 per participant pair.**

### Winnipeg Locations

#### Riverwood Square - 204-275-7632

1778 Pembina Hwy  
Oct. 15 - Dec. 3 | Tuesdays, 10 am – 12 pm

#### YMCA – YWCA of Winnipeg - 204-233-3476

(South Branch)  
5 Fermor Avenue  
Oct. 15 - Dec. 3 | Tuesdays, 1:30 - 3:30 pm

#### The Reh-Fit Centre - 204-488-8023

1390 Taylor Ave  
Oct. 15 - Dec. 3 | Tuesdays, 2 - 4 pm

#### Cindy Klassen Recreation Complex - 311

999 Sargent Ave  
Oct. 16 - Dec. 4 | Wednesdays, 10 am - 12 pm

#### The Wellness Institute - 204-632-3900

1075 Leila Avenue  
Oct. 16 - Dec. 4 | Wednesdays, 2 - 4 pm

#### YMCA – YWCA of Winnipeg - 204-668-8140

(Elmwood-Kildonan Branch)  
454 Kimberly Avenue  
Oct. 17 - Dec. 5 | Thursdays, 1 - 3 pm

#### The Rady Jewish Community Centre - 204-477-7510

123 Doncaster Street  
Oct. 17 - Dec. 5 | Thursdays, 10 am - 12 pm

#### City of Winnipeg - St. James Civic Centre - 311

2055 Ness Avenue  
Oct. 18 - Dec. 6 | Fridays, 1 - 3 pm

### Regional Locations

#### Gimli New Horizons 55+ Centre - 204-642-7909

#17 North Colonization Road, Gimli, MB  
Sept. 23 - Dec. 2 | Mondays, 1 - 3 pm  
(no sessions: Oct. 14, 21 and Nov. 11)

#### Altona - The Gardens On Tenth - 204-324-8945

140 10th Ave NE, Altona, MB  
Oct. 15 - Dec. 3 | Tuesdays, 10 am - 12 pm

#### Steinbach - Fernwood Place - 204-326-2547

303 3rd Street, Steinbach, MB  
Oct. 15 - Dec. 3 | Tuesdays, 9:30 - 11:30 am

#### Portage la Prairie - Hermon Prior Centre - 204-857-6951

40 Royal Road N., Portage la Prairie, MB  
Oct. 16 - Dec. 4 | Wednesdays, 1 - 3 pm

#### Brandon - Prairie Oasis Senior Centre - 204-727-6641

241 8th Street, Brandon, MB  
Oct. 16 - Dec. 4 | Wednesdays, 1:30 - 3:30 pm

#### Selkirk - Gordon Howard Centre - 204-785-2092

384 Eveline Street, Selkirk, MB  
Oct. 16 - Dec. 4 | Wednesdays, 1-3 pm

#### Morden - Access Event Centre - 204-822-5431

111 Gilmour Street, Morden, MB  
Oct. 15 - Dec. 17 | Tuesdays, 1:30 - 3:30 pm  
(no sessions: Oct. 22 and Nov. 5)

## INTERESTED IN BECOMING A MINDS IN MOTION® VOLUNTEER?

**As a Minds in Motion**® program volunteer, you will: engage socially with program participants, assist with program facilitation and help with the set-up and clean-up of refreshments, games and activities.

**To register as a volunteer, please contact:** Kathy Diehl Cyr, **Minds in Motion**® Program Manager  
204-943-6622 or 1-800-378-6699 | [mindsinmotion@alzheimer.mb.ca](mailto:mindsinmotion@alzheimer.mb.ca)

[alzheimer.mb.ca/mindsinmotion/joinourteam](http://alzheimer.mb.ca/mindsinmotion/joinourteam)