

# Family Education for those Experiencing Dementia

## Spring 2020 Calendar

### ANNUAL GENERAL MEETING

#### 2020 ANNUAL GENERAL MEETING AND VOLUNTEER RECOGNITION

Please join us as we celebrate a year of accomplishments and recognize our dedicated volunteers.

Wednesday, June 24, 2020

5:30 pm

Alzheimer Society of Manitoba - Provincial Office

10-120 Donald Street ([map](#)) - Mezzanine Level

**To attend please contact Nerriza Bautista:  
204-943-6622 or [nbautista@alzheimer.mb.ca](mailto:nbautista@alzheimer.mb.ca)**

### LIVING WITH DEMENTIA: FIRST STEPS

A workshop series for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

#### PART ONE: Saturday, April 4 - 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, May 2 - 9 am – 12 pm

- Safety for the person with dementia and their caregivers
- Legal & financial matters

#### **Sessions are located at:**

Riverwood Square, 1778 Pembina Hwy.

*Refreshments and resources are included  
Sessions are \$10 each*

### FAMILY EDUCATION: NEXT STEPS

#### Sleep and Dementia

Learn about the changes in sleep that may occur with dementia. Medications given for sleep, including limitations and possible side effects, and strategies for improving sleep will be discussed.

Thursday, May 14, 7 – 8:30 pm

Devonshire House, 75 Kildonan Green Dr.

**Presented by:** Dr. Craig Omelan, *Assistant Professor Department of Psychiatry, Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba*

#### Understanding Changing Behaviours in People with Dementia

Learn about practical approaches that care partners may use when a person with dementia is experiencing changing behaviours such as 'sundowning', restlessness and wandering.

Tuesday, June 16, 7 - 8:30 pm

Gwen Sectar Creative Living Centre at Syd Glow Place  
1588 Main St. (This is a kosher facility, do not bring any outside food)

**Presented by:** Joyce Klassen, *Dementia Education Project Manager, Alzheimer Society of Manitoba*

*These sessions are complimentary, but please preregister*

#### Three easy ways to register:

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

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## 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

**Cindy Klassen Recreation Complex - 999 Sargent Ave.**  
**April 8 - May 27** | Wednesdays, 10 am - 12 pm  
To register call: 311

**City of Winnipeg - St. James Centennial Centennial Pool and Fitness Centre**  
**644 Parkdale Street**  
**April 17 - June 5** | Fridays, 1 - 3 pm  
To register call: 311

**The Rady Jewish Community Centre - 123 Doncaster St.**  
**April 23 - June 11** | Thursdays, 10 am - 12 pm  
To register call: 204-477-7510

**The Reh-Fit Centre - 1390 Taylor Ave.**  
**April 7 - May 26** | Tuesdays, 2 - 4 pm  
To register call: 204-488-8023

**The Wellness Institute - 1075 Leila Ave.**  
**April 8 - May 27** | Wednesdays, 2 - 4 pm  
To register call: 204-632-3900

**YMCA – YWCA of Winnipeg - 454 Kimberly Ave. (Elmwood-Kildonan Branch)**  
**April 9 - May 28** | Thursdays, 1 - 3 pm  
To register call: 204-668-8140

**YMCA – YWCA of Winnipeg - 5 Fermor Ave. (South Branch)**  
**April 7 - May 26** | Tuesdays, 1:30 - 3:30 pm  
To register call: 204-233-3476

#### Regional Locations

**Access Event Centre - 111-D Gilmour St., Morden, MB**  
**March 24 - May 5** | Tuesdays, 1:30- 3:30 pm  
(no class on April 21, cost: \$58 per participant)  
To register call: 1-204-822-5431

**Gimli New Horizons Centre - 17 N Colonization Rd., Gimli, MB**  
**April 6 - June 8** | Mondays, 1 - 3 pm  
(no classes, April 13 & May 18)  
To register call: 1-204-642-7909

**Pat Porter Active Living Centre - 10 Chrysler Gate, Steinbach, MB**  
**March 19 - May 7** | Thursdays, 10 am - 12 pm  
To register call: 1-204-320-4600

**Prairie Oasis Senior Centre - 241 8th St., Brandon, MB**  
**April 15 - June 3** | Wednesdays, 1:30- 3:30 pm  
To register call: 1-204-727-6641

**The Gardens on Tenth - 140 10th Ave. NE, Altona, MB**  
**April 7 - May 26** | Tuesdays, 10 am - 12 pm  
To register call: 1-204-324-8945

**The Gordon Howard Senior Centre - 384 Eveline St., Selkirk, MB**  
**April 8 - May 27** | Wednesdays, 1 - 3 pm  
To register call: 1-204-785-2092

## 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**® Community Partnership Manager  
204-943-6622 or 1-800-378-6699 | [mindsinmotion@alzheimer.mb.ca](mailto:mindsinmotion@alzheimer.mb.ca)