

# Family Education Fall 2022 Calendar

## CARE4U FAMILY CONFERENCE



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

Saturday, October 22, 2022 | 9 am - 12:30 pm  
Via ZOOM | Cost: \$15  
Register at [alzheimer.mb.ca/care4u](http://alzheimer.mb.ca/care4u)

## RESEARCH FORUM

**BEYOND THE HEADLINES:  
UNCOVERING DEMENTIA MYTHS**

Wednesday, Sept. 21, 2022 | 6:30 - 7:45 pm | Via ZOOM

Featuring Dr. Donald Weaver

Register Now at [alzheimer.mb.ca/researchforum](http://alzheimer.mb.ca/researchforum)

Sponsored by



## FAMILY EDUCATION: NEXT STEPS

### CONVERSATIONS ABOUT DRIVING

**Wednesday, September 28, 2022, 6:30 - 7:30 pm**

**Location:** Transcona East End C.C.,  
517 Pandora Ave E, Winnipeg (in-person only)

**Speaker:** Laura Enns, RN, BN, Supervisor; Jessica  
Blackman, RN, BN, Medical Assessment Policy Analyst,  
Driver Fitness, Manitoba Public Insurance

### FINANCIAL CONFIDENCE WORKSHOP, PRESENTED BY IG WEALTH MANAGEMENT

**Wednesday, November 2, 2022, 2 - 3 pm**

**Location:** Alzheimer Society of Manitoba,  
10-120 Donald St., Winnipeg (in-person only)

**Speaker:** Kevin Kasier, Financial Consultant,  
IG Wealth Management

### MEDICATIONS AS WE AGE: HOW TO MAKE THE MOST OF THEM AND PREVENT HARMFUL EFFECTS

**Wednesday, November 16, 2022, 2 - 3 pm**

**Location:** Virtual only - via ZOOM

**Speaker:** Camille Gagnon, PharmD, Assistant Director,  
Canadian Deprescribing Network

### CAREGIVER GUILT AND STRESS: MOVING FROM IDEAL TO REAL

**Wednesday, December 14, 2022, 6:30 - 7:30 pm**

**Location:** Virtual only - via ZOOM

**Speaker:** Lois Litz, Retired Director of Spiritual Care,  
Lindenwood Retirement Living

## LIVING WITH DEMENTIA: FIRST STEPS

A three-part information series for people supporting  
someone recently diagnosed with dementia. Learn  
from health and industry professionals as they discuss  
disease progression and future planning, as well as  
provide information on available services and resources.

**\*Please note you do not need to attend these in order.\***

**PART ONE: Saturday, September 10, 10 - 11:45 am**

**Location:** Alzheimer Society of Manitoba,  
10-120 Donald St., Winnipeg (in-person only)

- The progression of dementia
- Exercises to experience what dementia might  
feel like

**PART TWO: Saturday, November 5, 10 - 11:45 am**

**Location:** Virtual only - via ZOOM

- Safety at home for people with dementia and their  
care partners
- Legal and financial matters

**PART THREE: Saturday, December 10, 10 - 11:45 am**

**Location:** Virtual only - via ZOOM

- Home care services & criteria
- Housing options

Visit [ALZHEIMER.MB.CA](http://ALZHEIMER.MB.CA)  
to learn more about the sessions  
and to REGISTER TODAY!



**Minds in Motion®** is a program designed for people with early to moderate signs of dementia to attend with a family member or friend. This weekly program offers 8 sessions including; a gentle chair fitness class followed by engaging activities and conversation.

### HOW TO REGISTER

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

### VIRTUAL SESSION

**Alzheimer Society of Manitoba**  
**204-943-6622** - Via Zoom (**6 weeks - \$45/pair**)  
Thursdays, Oct. 13 - Nov. 17 | 10 - 11:30 am  
[Register Now!](#)

### REGIONAL LOCATIONS

**Brandon - Seniors for Seniors**  
**204-571-2050** - 311 Park Ave. East, Brandon, MB  
Thursdays, Oct. 13 - Dec. 1 | 1:30 - 3:30 pm

**Selkirk - Gordon Howard Centre**  
**204-785-2092** - 384 Eveline St., Selkirk, MB  
Wednesdays, Sept. 28 - Nov. 16 | 1 - 3 pm

**Steinbach - Pat Porter Active Living Centre**  
**204-320-4600** - 10 Chrysler Gate, Steinbach, MB  
Thursdays, Oct. 13 - Dec. 1 | 10 am - 12 pm

### WINNIPEG LOCATIONS

**Chalmers Community Centre**  
**311** - 480 Chalmers Ave.  
Thursdays, Oct. 13 - Dec. 1 | 10:30 am - 12:30 pm

**Dakota Community Centre**  
**204-254-1010** - 1188 Dakota St.  
Tuesdays, Oct. 11 - Nov. 29 | 1:30 - 3:30 pm

**Rady JCC Fitness Centre**  
**204-477-7510** - 123 Doncaster St.  
Wednesdays, Oct. 12 - Nov. 30 | 10 am - 12 pm

**Riverwood Square**  
**204-275-7632** - 1778 Pembina Hwy.  
Tuesdays, Oct. 11 - Nov. 29 | 10 am - 12 pm

**St. James Assiniboine 55+ Centre**  
**204-987-8850** - 3rd Floor - 203 Duffield St.  
Tuesdays, Oct. 11 - Nov. 29 | 1:30 - 3:30 pm  
*Full Program - \$90/members, \$120/non-members*  
*Drop In - \$10/members, \$13/non-members*

**St. James Centennial Pool and Fitness Centre**  
**311** - 644 Parkdale St.  
Fridays, Oct. 14 - Dec. 9 | 1 - 3 pm (*No class Nov. 11*)

**The Wellness Institute**  
**204-632-3900** - 1075 Leila Ave.  
Wednesdays, Oct. 12 - Nov. 29 | 1:30 - 3:30 pm

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

We're looking for volunteers to help facilitate Minds in Motion® programs in their community!  
Learn more about the program and the role at [alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion).

For more information, please contact: **Emily Kinnaid, Education Coordinator**  
204-943-6622 | [ekinnaid@alzheimer.mb.ca](mailto:ekinnaid@alzheimer.mb.ca)