

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

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

Sponsored by



FAMILY EDUCATION: NEXT STEPS

CONVERSATIONS ABOUT DRIVING

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

Location: Virtual and Transcona East End C.C.,
517 Pandora Ave E, Winnipeg

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: Virtual and Alzheimer Society of Manitoba,
10-120 Donald St., Winnipeg

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: Virtual and Alzheimer Society of Manitoba,
10-120 Donald St., Winnipeg

- 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
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.

For more information, please contact: Emily Kinnaid, Education Coordinator

204-943-6622 | ekinnaid@alzheimer.mb.ca