

Family Education Winter 2023 Calendar

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, January 14, 10 – 11:45 am](#)

Location: Virtual and Seniors for Seniors, 311 Park Ave E, Brandon, MB

- The progression of dementia
- Alzheimer Society of Manitoba Programs and Services Overview

[PART TWO: Saturday, February 11, 10 – 11:45 am](#)

Location: Virtual via ZOOM

- Legal and financial matters

[PART THREE: Saturday, March 11, 10 – 11:45 am](#)

Location: Virtual and Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

- Home care services & criteria
- Housing options

FAMILY EDUCATION: NEXT STEPS

[THE IMPORTANCE OF HEALTH CARE DECISIONS & END OF LIFE DISCUSSIONS IN THE DEMENTIA JOURNEY](#)

Learn more about advance care planning, palliative approaches to care and strategies and important consideration regarding end-of-life planning.

Wednesday, January 25, 2023, 6:30 - 7:30 pm

Location: Virtual - via ZOOM

In-Person - Deer Lodge Community Centre, 323 Bruce Ave E., Winnipeg, MB

Speaker: WRHA Palliative Care Program

[INCOME TAX AND OTHER FINANCIAL MATTERS](#)

Discover tax options and benefits available to both the person with dementia and their care partners.

Wednesday, February 22, 2023, 6:30 - 7:30 pm

Location: Virtual - via ZOOM

In-Person - Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

Speaker: Geoff Garland, CPA, CA, Partner, Tax, BDO Canada LLP

[HANDS-ON CARE PARTNER WORKSHOP, PRESENTED BY COMMUNITY THERAPY SERVICES](#)

This workshop will demonstrate safety techniques for care partners when assisting with bathing, walking, etc. as well as and provide tools, tips and review equipment care partners can use every day.

Wednesday, March 1, 2023, 6 - 8 pm

Location: In-Person Only - River Heights Community Centre, 1370 Grosvenor Avenue, Winnipeg, MB

[GENETICS & ALZHEIMER'S DISEASE - WHAT YOU NEED TO KNOW](#)

Explore more about the science behind our genetics and learning its relationship with Alzheimer's disease. Learn about the hereditary types of dementia, whether or not you might need genetic testing and more.

Wednesday, March 22, 2023, 2 - 3 pm

Location: Virtual - via ZOOM

In-Person - Garden City Community Centre, 725 Kingsbury Ave., Winnipeg, MB

Speaker: Nicole Yang, MS, CGC, Genetic Counsellor, Shared Health, Health Sciences Centre

LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA!



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, Jan. 26 - Mar. 2 | 10 - 11:30 am

[Register Now!](#)

WINNIPEG LOCATIONS

Chalmers Community Centre

311 - 480 Chalmers Ave.

Thursdays, Jan. 26 - Mar. 16 | 10:30 am - 12:30 pm

Dakota Community Centre

204-254-1010 - 1188 Dakota St.

Tuesdays, Jan. 24 - Mar. 14 | 1:30 - 3:30 pm

Rady JCC Fitness Centre

204-477-7510 - 123 Doncaster St.

Wednesdays, Jan. 25 - Mar. 15 | 10 am - 12 pm

Riverwood Square

204-275-7632 - 1778 Pembina Hwy.

Tuesdays, Jan. 24 - Mar. 14 | 10 am - 12 pm

St. James Assiniboine 55+ Centre

204-987-8850 - 3rd Floor - 203 Duffield St.

Tuesdays, Jan. 24 - Mar. 14 | 1:30 - 3:30 pm

Full Program - \$75/members, \$95/non-members

Drop In - \$10/members, \$13/non-members

St. James Centennial Pool and Fitness Centre

311 - 644 Parkdale St.

Fridays, Jan. 20 - Mar. 10 | 1 - 3 pm

The Wellness Institute

204-632-3900 - 1075 Leila Ave.

Wednesdays, Jan. 25 - Mar. 15 | 1:30 - 3:30 pm

REGIONAL LOCATIONS

Brandon - Seniors for Seniors

204-571-2050 - 311 Park Ave. East, Brandon, MB

Thursdays, Jan. 19 - Mar. 9 | 1:30 - 3:30 pm

Portage la Prairie - Herman Prior Centre

204-857-6951 - 40 Royal Rd. North

Wednesdays, Jan. 25 - Mar. 15 | 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: Nicole McDonald, Dementia-Friendly Community Program Manager

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