

Family Education Winter 2025 Calendar

LIVING WITH DEMENTIA: FIRST STEPS

A three-part series for people supporting someone recently diagnosed with dementia. ***Please note you do not need to attend these in order.***

PART ONE: Saturday, Jan. 11, 2025

10 - 11:45 am | Virtual via ZOOM

In this webinar, learn more about the progression of dementia and the Alzheimer Society of Manitoba's programs and services.

Presented by: Dr. van Ineveld, MD, FRCPC, FCGS, Associate Professor, Geriatric Medicine, Site Medical Director, Geriatrics St. Boniface Hospital

PART TWO: Saturday, Feb. 8, 2025

10 - 11:45 am | Virtual via ZOOM

Learn about the legal and financial matters related to dementia, to help ensure your affairs are together for you and your family.

Presented by: Alexander Krush, Associate Lawyer, PKF Lawyers

PART THREE: Saturday, Mar. 8, 2025

10 - 11:15 am | Virtual via ZOOM

Hear from Winnipeg Regional Health Authority's home care team on their services

Presented by: Winnipeg Regional Health Authority (WRHA) Home Care

FAMILY EDUCATION: NEXT STEPS

INCOME TAX AND OTHER FINANCIAL MATTERS

Learn about various options and benefits available to people living with dementia and their care partners.

Tuesday, Jan. 14, 2025 | 2 - 3 pm

Virtual via ZOOM

Presented by: Geoff Garland, CPA, CA, TEP

UNDERSTANDING RESPONSIVE BEHAVIOURS

In this session Terri Bowser will focus on introducing responsive behaviours, while focusing on potential causes and triggers, as well as effective ways for care partners to respond.

Tuesday, Feb. 4, 2025 | 2 - 3 pm |

Virtual via ZOOM

Presented by: Terri Bowser, RN, Healthy Aging and Seniors Care for the WRHA

(Continued on next page)

LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

Family Education programs sponsored by



If you are interested in a session but cannot attend virtually, please email ekinnaird@alzheimer.mb.ca.

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FAMILY EDUCATION: NEXT STEPS

LIFE IN LONG-TERM CARE

Learn information about the supports in place within long-term care, tips and tricks when working with care teams, advocating for your family member and how to enhance your visits.

Tuesday, Feb. 18, 2025 | 2 - 3 pm

Virtual via ZOOM

Presented by: Meagan Fitzpatrick, BSW, RSW, Education Coordinator, ASM

CONVERSATIONS ABOUT DRIVING

Become informed about how dementia can impact driving and learn what's involved in a medical assessment by the Driver Fitness Department.

Tuesday, Mar. 18, 2025 | 2 - 3 pm

Virtual via ZOOM

Presented by: Annie Lovering, RN, BN, MPI and Laura Enns, RN, BN, MPI



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TODAY AT ALZHEIMER.MB.CA**

If you are interested in a session but cannot attend virtually, please email ekinnaid@alzheimer.mb.ca.

Community Partner Programs

DALNAVERT MUSEUM TOURS

Last Saturday of every month | 10 - 11:30 am
\$24.00 (plus tax) per pair & session
\$12.00 if Dalnavert Museum Member

FUNDAMENTALS OF TABLE TENNIS

Mondays, Jan 6 - Mar 17 | 6 - 8 pm
No session Feb 17
\$110/pair

VIVACE VOICES CHOIR

Tuesdays, Jan 28 – Apr 8 | 6:30 - 7:30 pm
\$145/pair

TALES ALONG THE TRAIL, FORT WHYTE ALIVE

Wednesdays, Jan 28 - Mar 4 | 1 - 2:30 pm
\$126/pair

TUNE-UP CAFÉ

Tuesdays, starting Jan 7 | 6:15 - 8 pm
No fee to attend, but registration is required

**LEARN HOW TO REGISTER AT
ALZHEIMER.MB.CA**

Minds *in* Motion®

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.

WINNIPEG LOCATIONS

Faith Lutheran Church

204-943-6622 - 1311 Dakota St

Thursdays, Jan 23 - Mar 13 | 10 am - 12 pm

AND 6 - 8 pm

[REGISTER ONLINE](#)

Rady JCC Fitness Centre

204-477-7510 - 123 Doncaster St

Wednesdays, Jan 22 - Mar 12 | 10 am - 12 pm

Riverwood Square

204-275-7632 - 1778 Pembina Hwy

Tuesdays, Jan 21 - Mar 11 | 10 am - 12 pm

The Wellness Institute

204-632-3900 - 1075 Leila Ave

Wednesdays, Jan 22 - Mar 12 | 1:30 - 3:30 pm

YMCA (Elmwood - Kildonan)

204-668-8140 - 454 Kimberly Ave

Thursdays, Jan 23 - Mar 13 | 1:30 - 3:30 pm

YMCA (West Portage)

204-889-8052 - 3550 Portage Ave

Tuesdays, Jan 21 - Mar 11 | 1 - 3 pm

REGIONAL LOCATIONS

ALTONA - The Gardens on Tenth

204-324-8945 - 140 10 Ave NE

Mondays, Jan 20 - Mar 17 | 1:30 - 3:30 pm

No session on Feb 17

BRANDON - Seniors for Seniors

1-204-571-2050 - 311 Park Ave East

Thursdays, Feb 6 - Apr 3 | 1:30 - 3:30 pm

GLADSTONE - Senior Support office

1-204-857-6951 - 36 Morris Ave N

Wednesdays, Jan 8 - Feb 26 | 10 am - 12 pm

Open to those in the Gladstone, Plumias & Neepawa areas

PORTAGE LA PRAIRIE - Herman Prior Centre

1-204-857-6951 - 40 Royal Rd North

Wednesdays, Jan 22 - Mar 12 | 1:30 - 3:30 pm

STEINBACH - Pat Porter Active Living Centre

1-204-320-4600 - 10 Chrysler Gate

Wednesdays, Jan 22 - Mar 12 | 10 am - 12 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: Alana Duff, Dementia-Friendly Community Coordinator

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