

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, April 12, 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. Peitsch, MD, FRCPC, Assistant Professor Geriatric Medicine University of Manitoba, Site Medical Specialty Lead Geriatrics Victoria Hospital

PART TWO: Saturday, May 10, 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: Kyla Kavanagh, B.A., J.D., Wolseley Law LLP

PART THREE: Saturday, June 7, 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

LIVING WITH DEMENTIA: NEXT STEPS

PALLIATIVE CARE INFORMATION SESSION

Join in a discussion about a palliative approach to care throughout the progression of dementia and what to expect as a person is dying.

**Tuesday, Apr. 15, 2025 | 10 - 11 am
Virtual via ZOOM**

Presented by: Jennifer McDougall, MSN, BSN, BEd, CHPCN(C), Clinical Nurse Specialist WRHA Palliative Care

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

LEARN MORE AND REGISTER TODAY AT [ALZHEIMER.MB.CA](https://alzheimer.mb.ca)

LIVING WITH DEMENTIA: FIRST STEPS

THE EMOTIONAL IMPACT OF CAREGIVING

Caring for someone living with dementia changes life in big ways. Learn about focusing on one's emotional well-being from time of diagnosis through to end of life.

Tuesday, May 27, 2025 | 2 - 3 pm |

Virtual via ZOOM

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

FINANCIAL CONFIDENCE WORKSHOP - BY IG WEALTH MANAGEMENT

This presentation covers benefits you may qualify for and how you can access them (like government and tax benefits and credits) and fundamental planning all Canadians should have in place to protect themselves.

Tuesday, June 17, 2025 | 10 - 11 am |

Virtual via ZOOM

Presented by: Laura Bishop, QAFP, RRC, Executive Consultant, Investors Group Financial Services Inc.



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

Family Education programs sponsored by



Johnston
group

Payworks



LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

The Alzheimer Society partners with community organizations to create programs designed especially for people living with early to moderate symptoms of dementia to attend with their family members, friends or care partners.



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, Mar 25 – June 9 | 6 - 8 pm

No session on Apr 21 or May 19

\$110/pair



TALES ALONG THE TRAIL, FORT WHYTE ALIVE

Wednesdays, May 6 – June 17 | 1 - 2:30 pm

\$160/pair



THE LIVING WELL PROGRAM, THE LEAF

Mondays, May 5 - June 2 | 2 - 3:30 pm

\$150 + GST/pair



TUNE-UP CAFÉ

Every Tuesday | 6:15 - 8 pm

Free to attend, but registration is required

[VISIT ALZHEIMER.MB.CA TO LEARN MORE AND REGISTER](https://www.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.

WINNIPEG LOCATIONS

Chalmers Community Centre

204-943-6622 - 480 Chalmers Ave

Thursdays, Apr 17 - June 5 | 2 - 4 pm

[REGISTER ONLINE](#)

Faith Lutheran Church

204-943-6622 - 1311 Dakota St

Thursdays, Apr 17 - June 5 | 10 am - 12 pm

[REGISTER ONLINE](#)

Rady JCC Fitness Centre

204-477-7510 - 123 Doncaster St

Wednesdays, Apr 16 - June 4 | 10 am - 12 pm

Riverwood Square

204-275-7632 - 1778 Pembina Hwy

Tuesdays, Apr 15 - June 3 | 10 am - 12 pm

The Wellness Institute

204-632-3900 - 1075 Leila Ave

Wednesdays, Apr 16 - June 4 | 1:30 - 3:30 pm

YMCA (West Portage)

204-889-8052 - 3550 Portage Ave

Tuesdays, Apr 15 - June 3 | 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, Apr 10 - May 29 | 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,
Plumas & Neepawa areas*

PORTAGE LA PRAIRIE - Herman Prior Centre

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

Wednesdays, Apr 16 - June 4 | 1:30 - 3:30 pm

STEINBACH - Pat Porter Active Living Centre

1-204-320-4600 - 10 Chrysler Gate

Wednesdays, Apr 16 - June 4 | 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