

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 about their services.

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

LIVING WITH DEMENTIA: NEXT STEPS

PALLIATIVE CARE INFORMATION SESSION

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

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

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

Continued on next page...



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

LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

LIVING WITH DEMENTIA: FIRST STEPS

THE EMOTIONAL IMPACT OF CAREGIVING

Tuesday, May 27, 2025 | 2 - 3 pm

Virtual via ZOOM

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.

Presented by: Jamie Penner, RN, PhD(c), Director, Curriculum Integrity, Instructor II College of Nursing, Rady Faculty of Health Sciences

FINANCIAL CONFIDENCE WORKSHOP - BY IG WEALTH MANAGEMENT

Tuesday, June 17, 2025 | 10 - 11 am

Virtual via ZOOM

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.

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 aevans@alzheimer.mb.ca.

Family Education programs sponsored by



Payworks



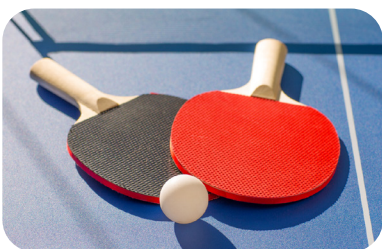
LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

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, CORNERSTONE ALLIANCE CHURCH

Mondays, Mar 24 – June 9 | 6 - 8 pm
\$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, CONVALESCENT HOME OF WINNIPEG

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

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, Mar 5 - Apr 21 | 10 am - 12 pm
*Open to those in the Gladstone,
Plumas & Neepawa areas*

MORDEN - Morden Activity Centre

204-822-3555 - 306 North Railway
Wednesdays, Apr 30 - June 18 | 10:30 am - 12:30 pm

PORTAGE LA PRAIRIE - Herman Prior Centre

1-204-857-6951 - 40 Royal Rd North
Wednesdays, Apr 16 - June 4 | 1:30 - 3:30 pm

SELKIRK - Gordon Howard Centre

1-204-320-4600 - 384 Eveline St
Wednesdays, Apr 2 - May 21 | 1 - 3 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: Nicole McDonald, Dementia-Friendly Communities Senior Manager
204-943-6622 | nmcdonald@alzheimer.mb.ca