

## 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

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If you are interested in a session but cannot attend virtually, please email [ekinaird@alzheimer.mb.ca](mailto:ekinaird@alzheimer.mb.ca).

**LEARN MORE AND REGISTER TODAY AT [ALZHEIMER.MB.CA](http://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 [ekinnaird@alzheimer.mb.ca](mailto:ekinnaird@alzheimer.mb.ca).

Family Education programs sponsored by



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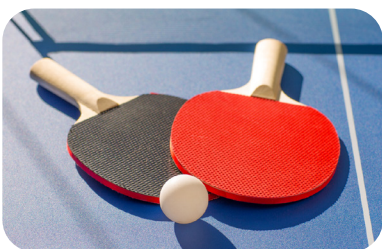
LEARN MORE AND REGISTER TODAY AT [ALZHEIMER.MB.CA](http://ALZHEIMER.MB.CA)

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](http://alzheimer.mb.ca/mindsinmotion).

**For more information, please contact: Alana Duff, Dementia-Friendly Community Coordinator**

204-943-6622 | [aduff@alzheimer.mb.ca](mailto:aduff@alzheimer.mb.ca)