

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, Sep 13, 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. Kristina Swain**, MD, CCFP, Department of Family Medicine Enhanced Skills Care of the Elderly, University of Manitoba | **Alzheimer Society of Manitoba Education Team**

PART TWO: Saturday, Nov 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: **Gerrit Theule**, Partner Wolseley Law LLP

PART THREE: Saturday, Dec 6, 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**

RESEARCH FORUM

DEMENTIA RESEARCH: WHAT'S ON THE HORIZON

Thursday, Sep 18, 2025 | 7 - 8:30 pm
Centre Culturel Franco-Manitobain (CCFM)
340 Provencher Blvd, Winnipeg, MB



With live streaming events
at participating Alzheimer
Society locations

Register now at
[alzheimer.mb.ca/
researchforum2025](https://alzheimer.mb.ca/researchforum2025)

FAMILY EDUCATION: NEXT STEPS

UNDERSTANDING RESPONSIVE BEHAVIOURS

Tuesday, Sep 16, 2025 | 10 - 11 am
Virtual via ZOOM

Learn about practical approaches care partners may use when a person living with dementia is experiencing changes in behaviour.

Presented by: **Sheila Smith**, RN, BN, Regional Educator, Long Term Care Program, Winnipeg Regional Health Authority

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

Care4u 2025

FROM INSIGHT TO IMPACT: TURNING KNOWLEDGE INTO CONFIDENT CARE

Saturday, October 18, 2025 | 8 am - 3:45 pm

Victoria Inn Hotel & Convention Centre

Cost: \$50 (includes a lunch buffet/resources)

Register now at

alzheimer.mb.ca/care4u



A conference for family and friends
caring for people living with dementia.

Sponsored by



FAMILY EDUCATION: NEXT STEPS

INFORMATION ON DISABILITY TAX CREDIT, RDSP AND RELATED BENEFITS & CREDITS

Tuesday, Oct 7, 2025 | 10 - 11 am

Virtual via ZOOM

Learn about eligibility and the application process for the Disability Tax Credit, Registered Disability Savings Plan and the new Canadian Disability Benefit. Gain information about other benefits and credits that you may be entitled to.

Presented by: **Canada Revenue Agency**

LIVING WITH DEMENTIA: NEXT STEPS

COMMUNICATION TIPS: Q & A SERIES WITH THE ALZHEIMER SOCIETY CLIENT SUPPORT TEAM

Tuesday, Nov 18, 2025 | 10 - 11 am

Virtual via ZOOM

Join our First Link® Client Support Team as they talk about communication changes as dementia progresses and practical tips in approaching those changes.

Presented by: **First Link® Client Support,**
Alzheimer Society of Manitoba

MAINTAINING YOUR WELL-BEING AS CARE PARTNERS

Tuesday, Dec 9, 2025 | 2 - 3 pm

Virtual via ZOOM

Caring for someone living with dementia changes life in big ways. Learn strategies to help you recognize your own needs and help maintain your well-being.

Presented by: **Nancy Scott, Care Partner**

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

Family Education programs are sponsored by



Minds in Motion® is a program designed for people living with early to moderate signs of dementia to attend with a family member or friend. This weekly program offers eight sessions including a gentle chair fitness class followed by engaging activities and conversation.

HOW TO REGISTER FOR MINDS IN MOTION®

Call the location of where you would like to register, unless otherwise noted.

Cost: \$65 per participant pair.

WINNIPEG LOCATIONS

Faith Lutheran Church - 1311 Dakata St

Thursdays, Oct 16 - Dec 4 | 10 am - 12 pm

[REGISTER ONLINE](#)

Rady JCC Fitness Centre - 123 Doncaster St

Wednesdays, Oct 22 - Dec 10 | 10 am - 12 pm

204-477-7510

River East Church - 755 McLeod Ave

Thursdays, Oct 16 - Dec 4 | 1 - 3 pm

[REGISTER ONLINE](#)

Riverwood Square - 1778 Pembina Hwy

Tuesdays, Oct 14 - Dec 2 | 10 am - 12 pm

204-275-7632

The Wellness Institute - 1075 Leila Ave

Wednesdays, Oct 15 - Dec 3 | 1:30 - 3:30 pm

204-632-3900

YMCA (Westwood) - 3550 Portage Ave

Tuesdays, Oct 14 - Dec 9 | 1 - 3 pm

204-889-8052

REGIONAL LOCATIONS

BRANDON

Seniors for Seniors - 311 Park Ave East

Thursdays, Sep 11 - Oct 30, Nov 13 - Dec 11, Jan 8 - 22

1:30 - 3:30 pm | *Sessions paused for Christmas break*

1-204-571-2050

GLADSTONE

Gladstone Senior Support Office - 36 Morris Ave N

Wednesdays, Oct 15 - Dec 3 | 10 am - 12 pm

1-204-385-3026

MORDEN

Morden Activity Centre - 306 N Railway St

Wednesdays, Oct 15 - Dec 3 | 10:30 am - 12:30 pm

1-204-822-3555

PORTAGE LA PRAIRIE

Herman Prior Centre - 40 Royal Rd North

Wednesdays, Sep 17 - Nov 5 | 1:30 - 3:30 pm

1-204-857-6951

SELKIRK

Gordon Howard Seniors Centre - 384 Eveline St

Wednesdays, Sep 17 - Nov 5 | 1 - 3 pm

1-204-785-2092

For more information, please contact: Sierra Dueck, Dementia-Friendly Communities Coordinator
204-943-6622 | 1-800-378-6699 | sierradueck@alzheimer.mb.ca

The Alzheimer Society partners with community organizations to create programs designed especially for people living with early to moderate signs 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



FUN!-DAMENTALS OF TABLE TENNIS, CORNERSTONE ALLIANCE CHURCH

Wednesdays, Oct 15 | 6 - 8 pm
\$130/pair



JOURNEYS THROUGH THE ZOO, ASSINIBOINE PARK ZOO

Mondays, Sep 15 - Oct 6 | 10 am - 12 pm
\$100 + GST/pair (members get a discount)



MEMORY CAFÉ, GORDON HOWARD SENIORS CENTRE

Bi-weekly, Tuesdays, Sep 9 - Feb 10 | 10 - 11:30 am
Free to attend



TALES ALONG THE TRAIL, FORT WHYTE ALIVE

Wednesdays, Sep 10 - Oct 15 | 2 - 3 pm
\$110 + GST/pair

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

INTERESTED IN BECOMING A VOLUNTEER?

Learn more about the programs and the roles at [alzheimer.mb.ca/get-involved/volunteer/](https://www.alzheimer.mb.ca/get-involved/volunteer/).
For more information, please contact: Sierra Dueck, Dementia-Friendly Communities Coordinator