



**Alzheimer Society**  
NIAGARA REGION

Call 905-687-3914 to register today!

# Upcoming Education PROGRAMS & WORKSHOPS

## ★ Next Steps & Care Essentials

Next Steps and Care Essentials offers an opportunity for families and friends of individuals with a diagnosis of dementia to learn more about dementia, develop caregiving strategies, and become familiar with community resources and supports. The series is offered monthly, free of charge in the Niagara Region. Must pre-register.

Week #1:

**Overview of Dementia & Brain Health**

Week #2:

**Understanding Behaviour & Communication Strategies**

Week #3:

**Supportive Strategies & Caring for Yourself**

Week #4:

**Adapting to Care Needs & Role Changes**

### ● St. Catharines

**Dates:** Wednesday, May 31, June 7, 14 & 21

**Time:** 1:30pm - 3:30pm

**Location:** Alzheimer Society of Niagara Region  
#1 403 Ontario St., St. Catharines

### ● Welland

**Dates:** Thursday, June 1, 8, 15 & 22

**Time:** 1:30pm - 3:30pm

**Location:** Welland Community Wellness  
Complex  
145 Lincoln St., Welland

## ★ Art Expressions

The Art Program offers people who are living with dementia and their care partners to engage in social activities. \$15 per person.

### ● Three-Week Sessions:

June 7, 14 & 21

**2-Hr. Workshop (\$10):**

June 28



## **AGM** TUESDAY, JUNE 20<sup>th</sup>, 2017

### Annual General Meeting 6:30pm

Niagara Ina Grafton Gage Village  
Building B - Village Centre Auditorium (Downstairs)

413 Linwell Rd., St. Catharines  
8:00 pm Special Feature Presentation

### **"A Healthier Niagara"**

Dr. Suzanne Johnston, President of Niagara Health

## ★ Minds in Motion

A physical activity and brain stimulation program for people with dementia and their care partners. Two hours a week for 8 weeks; \$20 per person.

### ● St. Catharines YMCA

1:30 - 3:30pm

**1. July 12 - Aug. 30**

**2. Sept 6 - Oct. 25**

### ● Welland YMCA

1:30 - 3:30pm

**1. July 13 - Aug. 31**

**2. Sept. 7 - Oct. 26**



## ★ Support Groups

Support Groups are in your community! It's for Care Partners, Families, and Friends of people living with dementia. Free of charge. If the Support Group falls on a holiday, please call the office to see if it has been rescheduled.

### ● Fort Erie, Garrison Place

First Thursday of each month, **1:00 - 2:30pm**

### ● Thorold, Niagara Region Headquarters

First Wednesday of each month, **6:00 - 7:30pm**

### ● Grimsby, Grimsby Seniors Centre

Last Wednesday of each month, **1:30 - 3:00pm**

### ● Welland, Welland Community Wellness Complex

First Tuesday of each month, **1:30 - 3:00pm**

### ● St. Catharines, Alzheimer Society

Third Monday of each month, **1:30 - 3:00pm**

### ● Welland (Franco), Goodwill Community Centre

Second Wednesday of each month, **1:30 - 3:00pm**

Alzheimer Society of Niagara Region  
#1 - 403 Ontario St., St. Catharines, ON  
**905-687-3914**

**SCENT  
FREE  
ZONE**

Please do not wear perfume, cologne, aftershave, or any other fragrances.