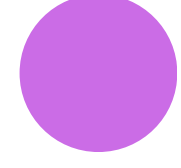

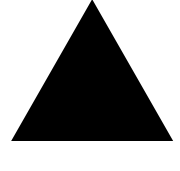





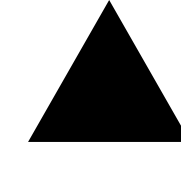


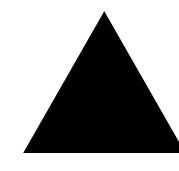




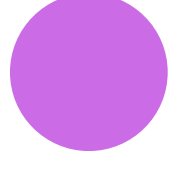
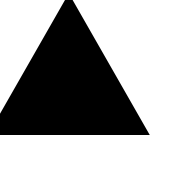


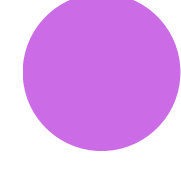

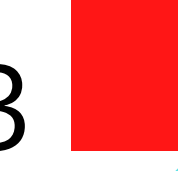
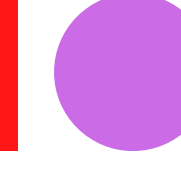
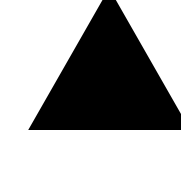

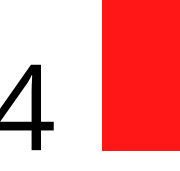
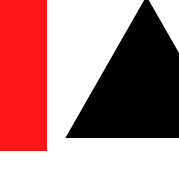

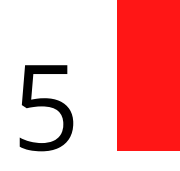
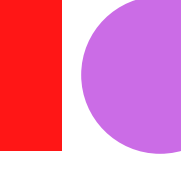


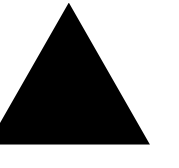


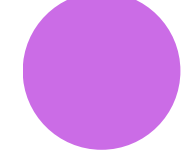


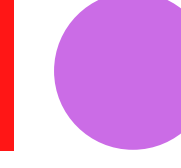
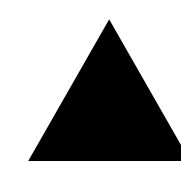


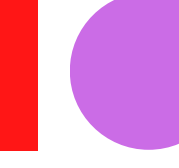
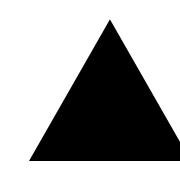


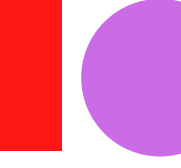

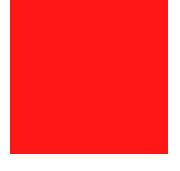

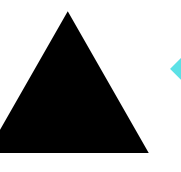


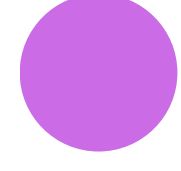
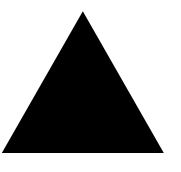

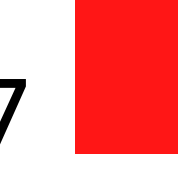
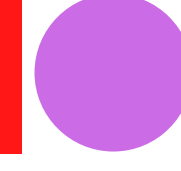
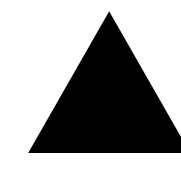


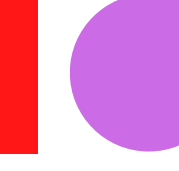
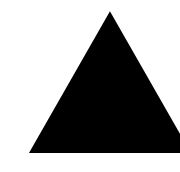


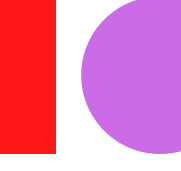



# September 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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3	4 	5   	6    	7   	8   	9
10	11   	12   	13    	14   	15   	16
17	18   	19   	20    	21    	22   	23
24	25    	26    	27    	28    	29   	30

## Legend



Alzheimer Society of Durham Region (ASDR)



Community Care Durham (CCD)



Brock Community Health Centre (Brock CHC)

[Click here](#) for Durham Region events



Durham Community Health Centre (Durham CHC)

**Friday  
Sept. 1st**

**Guided Meditation - Virtual** (Brock CHC)

10:00-11:00 a.m.

Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness. No experience necessary. Registration required.

**Fresh Food Box Delivery Day** (CCD)

All day

Includes a variety of fresh, local dairy and produce items. Available to order weekly for \$35.50.

**Pantry Essentials Food Box Delivery Day** (CCD)

All day

A monthly delivery of pantry essentials. Costs \$35.50.

**Monday  
Sept. 4th**

**Ready for School** (Durham CHC)

9:00 a.m.

The free Ready for School program is for children born in 2020. This play-based program focuses on school readiness skills such as Social and Emotional Growth, Speech and Language Development, Cognition, and Fine and Gross Motor Skills. Registration required.

**Tuesday  
Sept. 5th**

**Pickering-Ajax Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Gentle Fit - Virtual (Brock CHC)**

9:30-10:30 a.m.

This program is a means of improving and maintaining functional performance through strength, balance, and cardiovascular development. Classes will aid in the prevention of future injury, including those that may be the result of falls. Exercises progress at the pace of the participants and at the discretion of the instructor. Registration required.

**Minds in Motion - Whitby (ASDR)**

10:00 a.m.-12:00 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Support Group for Care Partners - Ajax (ASDR)**

1:00-2:30 p.m.

Facilitated by ASDR staff or qualified volunteers, drop-in sessions provide opportunities for care partners to share their experiences and navigate available resources.

**Tai Chi Practice Session (Brock CHC)**

1:30-2:30 p.m.

Join these community-led tai chi practice sessions to maintain awareness of the body with gentle movements that harmonize breathing with careful coordination of arm and leg movements. All are welcome. Registration required.

**Support Group for Care Partners Supporting those in Long-Term Care or Retirement Homes - Virtual (ASDR)**

6:00-7:30 p.m.

This group specifically focuses on topics and strategies that affect those supporting residents in long-term care or retirement homes such as stress, communication, and responding to behaviours. Registration required.

**Care Essentials for Care Partners Workshop: What to Expect 1/4 - Virtual (ASDR)**

6:30-8:30 p.m.

First in a four-part series, this session will provide an overview of the progression and symptoms of dementia and how you can support remaining abilities for the person living with dementia. Registration required.

**Wednesday  
Sept. 6th**

**Mindful Yoga - Virtual** (Brock CHC)

9:00-10:00 a.m.

This is a gentle yoga and meditation practice to help calm the mind, relax the body, ease stiffness and discomfort, improve balance, strength and flexibility, and get to know yourself better.

**Men's Breakfast Club - Virtual and Whitby** (ASDR)

9:00-11:00 a.m.

Men's Breakfast is a peer-led group, which provides peer-to-peer support for male care partners of persons living with dementia in a casual, comfortable setting.

**Whitby-Oshawa Foot Care Clinic** (CCD)

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Durham Counselling Walk-In Clinic - Virtual** (Durham CHC)

11:00 a.m.-6:00 p.m.

Available for children and youth ages 3 to 19 and their families, same day counselling is offered on a first come, first served basis. Family issues, stress management, substance abuse, and more may be discussed. Registration required.

**Food "4" Thought - Virtual** (Durham CHC)

11:30 a.m.-12:00 p.m.

Pre/postnatal nutrition class for women up to 26 years of age who are pregnant, with classes offered until the infant is up to six months old. Registration required.

**Wednesday  
Sept. 6th  
(cont'd)**

**Smoke Signals - Virtual** (Durham CHC)

1:00-3:00 p.m.

Self-identified First Nations, Inuit, and Métis are welcome to connect through Culture, Stories, and Experiences.

**Options for Care Workshop: Impact of Progression & Creating a Support Plan 1/3** - (ASDR)

1:30-4:00 p.m.

First in a three-part series, this week explore the changes that occur and impact of dementia progression on the person living with dementia and the care partners involved. Reflective activities will help determine what supports are right for you and your family member or friend. Registration required.

**Women's Coffee Break** (ASDR)

2:00-3:30 p.m.

Women's coffee break is a peer-led group, which provides peer-to-peer support for female care partners of persons living with dementia in a casual, comfortable setting.

**Indigenous Youth Program Night** (Durham CHC)

5:00-7:30 p.m.

Right To Play Indigenous youth program at Durham Community Health Center still has space for Indigenous youth living in Durham Region who would like to register with the program!

**A Change for the Better - Virtual or In-Person** (Durham CHC)

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.

**Thursday  
Sept. 7th**

**Clarington Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Indigenous Current Events - Virtual (Durham CHC)**

9:30-10:15 a.m.

See art, culture, news stories, and politics through an Indigenous lens. Open to all.

**Walking Buddies (ASDR)**

10:00-11:00 a.m.

Socialize and be active as you explore various trails around Durham Region. Registration required.

**Breakfast Club - Whitby (ASDR)**

10:00-11:30 a.m.

Breakfast Club is a peer-led group, which provides peer-to-peer support for care partners of persons living with dementia in a casual, comfortable setting.

**Meaningful Monitoring (Durham CHC)**

10:00 a.m.-12:00 p.m.

Part 2 of the Diabetes Refresher Workshop. This workshop will assist adults living with Type 2 Diabetes in developing their understanding and skill in self-monitoring, appropriately maintaining good blood sugar levels, and becoming more familiar with how their diabetes medication works. Registration required.

**CARERS: Adult Children Caregivers 8/8 (ASDR)**

10:00 a.m.-12:00 p.m.

Coaching, Advocacy, Respite, Education, Relationship, Simulation. This eight-week course focuses on practical skills and emotional supports needed to care for people living with dementia. Problem solving techniques and communication skills are also taught. Registration required.

**Thursday  
Sept. 7th  
(cont'd)**

**Brain Waves Café - Bowmanville (ASDR)**

1:30-3:00 p.m.

This is a social and informal places for individuals with cognitive (memory) changes to meet together for stimulating conversation, support, and other engaging activities. Friends and family welcome. Registration required.

**Diabetes Refresher Workshop - Virtual or In-Person (Durham CHC)**

1:30-3:30 p.m.

This workshop will help you polish your diabetes management skills and offer intermediate education for improved control. Learn about how diabetes happens in your body, which lab markers and targets to watch, and the ABCs of diabetes self-management. Also learn about nutrition interventions such as portion control, balancing meals and an introduction to carbohydrate counting. Registration required.

**Wiingushk Deyweygun "Sweetgrass Heartbeat" - Virtual (Durham CHC)**

6:00-8:00 p.m.

Our Traditional Drum group, Wiingushk Deyweygun welcomes all identifying First Nations, Métis and Inuit Males to sit at the Drum and learn songs and Traditions. We also invite all other Community members to join us as well and enjoy in the sharing of Song and Teaching in support of our boys and men.

**Friday  
Sept. 8th**

**Support Group for Care Partners - Virtual (ASDR)**

9:30 a.m.-11:00 a.m.

Facilitated by ASDR staff or qualified volunteers, sessions provide opportunities for care partners to share their experiences and navigate available resources.

**Guided Meditation - Virtual (Brock CHC)**

10:00-11:00 a.m.

Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness. No experience necessary. Registration required.

**Dementia 101 Workshop: What is Dementia? 1/4 - Virtual (ASDR)**

10:00 a.m.-12:30 p.m.

First in a four-part series, this session will provide an overview of symptoms, responding to a diagnosis, treatment and being a care partner. Registration required.

**Fresh Food Box Delivery Day (CCD)**

All day

Includes a variety of fresh, local dairy and produce items. Available to order weekly for \$35.50.



**Monday  
Sept. 11th**

**Port Perry Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Yoga with Melissa (Brock CHC)**

10:00-11:00 a.m.

Cultivate body awareness and foster a deep connection with yourself. Through gentle movements and stretches, participants will engage their muscles mindfully, promoting strength, flexibility and vitality. Whether you are a beginner or have previous experience, these classes will offer a unique approach to yoga, specifically tailored for individuals seeking a gentle and accessible practice. Participants can choose whether they want to practice from a mat, in a chair, or a mix of both. Registration required.

**Line Dancing (Brock CHC)**

10:00 a.m.-12:00 p.m.

This instructor-led line dancing class welcomes new and practicing line dancers to learn some fun line dances or just come for the great exercise and laughter. Music is not limited to Country. Partner not needed but welcome. Registration required.

**Healthy Movement Healthy Plate 5/6 (Durham CHC)**

3:00-4:30 p.m.

Increase your understanding and skills of healthy exercise and the eating practices you need to prevent and manage Type 2 Diabetes. Participate in exercise class each week facilitated by skilled trainers and a pre-recorded cooking demonstration/healthy eating class, created by a Registered Dietitian. Comes with all the ingredients you need to follow along. Exercise equipment will be provided along with support for people having mobility challenges. Registration required.

**Youth League After School Program (Durham CHC)**

3:00-5:00 p.m. every school day

Kids in Grades 1-8 are invited to join us after school for a healthy snack and fun daily activities. Registration required.

**A Change for the Better - Virtual or In-Person (Durham CHC)**

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.

**Tuesday  
Sept. 12th**

**Pickering-Ajax Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Gentle Fit - Virtual (Brock CHC)**

9:30-10:30 a.m.

This program is a means of improving and maintaining functional performance through strength, balance, and cardiovascular development. Classes will aid in the prevention of future injury, including those that may be the result of falls. Exercises progress at the pace of the participants and at the discretion of the instructor. Registration required.

**Minds in Motion - Whitby (ASDR)**

10:00 a.m.-12:00 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Diabetes and Stress Management - Virtual (Brock CHC)**

10:30 a.m.-12:00 p.m.

Did you know that stress has a big impact on your blood sugar levels? Join Brock CHC's Social Worker and Diabetes Nurse Educator for an informative discussion around stress and diabetes and how we can cope with both! Registration required.

**Drumming for Health (Brock CHC)**

11:00 a.m.-12:00 p.m.

Participants will learn basic hand drumming techniques using a variety of African hand drums and world percussion instruments and enjoy fun rhythm based activities while creating songs together. No experience necessary. Registration required.

**Support Group for Care Partners - Uxbridge (ASDR)**

1:00-2:30 p.m.

Facilitated by ASDR staff or qualified volunteers, sessions provide opportunities for care partners to share their experiences and navigate available resources.

**Tuesday  
Sept. 12th  
(cont'd)**

**Brain Waves Café - Ajax (ASDR)**

1:00-2:30 p.m.

This is a social and informal places for individuals with cognitive (memory) changes to meet together for stimulating conversation, support, and other engaging activities. Friends and family welcome. Registration required.

**Tai Chi Practice Session (Brock CHC)**

1:30-2:30 p.m.

Join these community-led tai chi practice sessions to maintain awareness of the body with gentle movements that harmonize breathing with careful coordination of arm and leg movements. All are welcome. Registration required.

**Support Group for Care Partners - Clarington (ASDR)**

6:00-7:30 p.m.

Facilitated by ASDR staff or qualified volunteers, sessions provide opportunities for care partners to share their experiences and navigate available resources.

**Care Essentials for Care Partners Workshop: Communicating Effectively 2/4 - Virtual (ASDR)**

6:30-8:30 p.m.

Second in a four-part series, this session explores communication changes in dementia and strategies for effective communication. Registration required.

**Wednesday  
Sept. 13th**

**Mindful Yoga - Virtual** (Brock CHC)

9:00-10:00 a.m.

This is a gentle yoga and meditation practice to help calm the mind, relax the body, ease stiffness and discomfort, improve balance, strength and flexibility, and get to know yourself better.

**Men's Breakfast Club - Virtual and Whitby** (ASDR)

9:00-11:00 a.m.

Men's Breakfast is a peer-led group, which provides peer-to-peer support for male care partners of persons living with dementia in a casual, comfortable setting.

**Whitby-Oshawa Foot Care Clinic** (CCD)

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Durham Counselling Walk-In Clinic - Virtual** (Durham CHC)

11:00 a.m.-6:00 p.m.

Available for children and youth ages 3 to 19 and their families, same day counselling is offered on a first come, first served basis. Family issues, stress management, substance abuse, and more may be discussed. Registration required.

**Food "4" Thought - Virtual** (Durham CHC)

11:30 a.m.-12:00 p.m.

Pre/postnatal nutrition class for women up to 26 years of age who are pregnant, with classes offered until the infant is up to six months old. Registration required.

**Yoga with Michelle** (Brock CHC)

1:00-2:00 p.m.

Cultivate body awareness and foster a deep connection with yourself. Through gentle movements and stretches, participants will engage their muscles mindfully, promoting strength, flexibility and vitality. Whether you are a beginner or have previous experience, these classes will offer a unique approach to yoga, specifically tailored for individuals seeking a gentle and accessible practice. Participants can choose whether they want to practice from a mat, in a chair, or a mix of both. Registration required.

**Wednesday  
Sept. 13th  
(cont'd)**

**Drop-In Care Partner Social - Virtual (ASDR)**

1:00-2:30 p.m.

Facilitated by staff or qualified volunteers, drop-in sessions provide opportunities for care partners to share their experiences and navigate available resources.

**Smoke Signals - Virtual (Durham CHC)**

1:00-3:00 p.m.

Self-identified First Nations, Inuit, and Métis are welcome to connect through Culture, Stories, and Experiences.

**Minds in Motion - Bowmanville (ASDR)**

1:15-3:15 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Options for Care Workshop: Residential Care Options and Making the Decision 2/3 - (ASDR)**

1:30-4:00 p.m.

Second in a three-part series, this week will discuss what various residential care options are available, considerations to be made, and when it is the right time to decide. Registration required.

**Indigenous Youth Program Night (Durham CHC)**

5:00-7:30 p.m.

Right To Play Indigenous youth program at Durham Community Health Center still has space for Indigenous youth living in Durham Region who would like to register with the program!

**A Change for the Better - Virtual or In-Person (Durham CHC)**

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.

**Thursday  
Sept. 14th**

**Clarington Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Indigenous Current Events - Virtual (Durham CHC)**

9:30-10:15 a.m.

See art, culture, news stories, and politics through an Indigenous lens. Open to all.

**Walking Buddies (ASDR)**

10:00-11:00 a.m.

Socialize and be active as you explore various trails around Durham Region. Registration required.

**Early Stage Dementia Support Group - Virtual (ASDR)**

10:00-11:30 a.m.

For people in the early stages of Alzheimer's disease or other dementias and their care partners. Learn how to maintain positive connections with others by adopting practical strategies for living well, self-advocacy and ways to reduce stigma. Registration required.

**Meaningful Monitoring (Durham CHC)**

10:00 a.m.-12:00 p.m.

Part 2 of the Diabetes Refresher Workshop. This workshop will assist adults living with Type 2 Diabetes in developing their understanding and skill in self-monitoring, appropriately maintaining good blood sugar levels, and becoming more familiar with how their diabetes medication works. Registration required.

**Diabetes Refresher Workshop - Virtual or In-Person (Durham CHC)**

1:30-3:30 p.m.

This workshop will help you polish your diabetes management skills and offer intermediate education for improved control. Learn about how diabetes happens in your body, which lab markers and targets to watch, and the ABCs of diabetes self-management. Also learn about nutrition interventions such as portion control, balancing meals and an introduction to carbohydrate counting. Registration required.

**Wiingushk Deyweygun "Sweetgrass Heartbeat" - Virtual (Durham CHC)**

6:00-8:00 p.m.

Our Traditional Drum group, Wiingushk Deyweygun welcomes all identifying First Nations, Métis and Inuit Males to sit at the Drum and learn songs and Traditions. We also invite all other Community members to join us as well and enjoy in the sharing of Song and Teaching in support of our boys and men.

**Friday  
Sept. 15th**

**Guided Meditation - Virtual** (Brock CHC)

10:00-11:00 a.m.

Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness. No experience necessary. Registration required.

**Dementia 101 Workshop: Adapting to Brain Changes 2/4 - Virtual** (ASDR)

10:00 a.m.-12:30 p.m.

Second in a four-part series, this session explores changes in the brain, adapting to change and maximizing brain health. Registration required.

**Fresh Food Box Delivery Day** (CCD)

All day

Includes a variety of fresh, local dairy and produce items. Available to order weekly for \$35.50.

**Monday  
Sept. 18th**

**Port Perry Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Yoga with Melissa (Brock CHC)**

10:00-11:00 a.m.

Cultivate body awareness and foster a deep connection with yourself. Through gentle movements and stretches, participants will engage their muscles mindfully, promoting strength, flexibility and vitality. Whether you are a beginner or have previous experience, these classes will offer a unique approach to yoga, specifically tailored for individuals seeking a gentle and accessible practice. Participants can choose whether they want to practice from a mat, in a chair, or a mix of both. Registration required.

**Line Dancing (Brock CHC)**

10:00 a.m.-12:00 p.m.

This instructor-led line dancing class welcomes new and practicing line dancers to learn some fun line dances or just come for the great exercise and laughter. Music is not limited to Country. Partner not needed but welcome. Registration required.

**Healthy Movement Healthy Plate 6/6 (Durham CHC)**

3:00-4:30 p.m.

Increase your understanding and skills of healthy exercise and the eating practices you need to prevent and manage Type 2 Diabetes. Participate in exercise class each week facilitated by skilled trainers and a pre-recorded cooking demonstration/healthy eating class, created by a Registered Dietitian. Comes with all the ingredients you need to follow along. Exercise equipment will be provided along with support for people having mobility challenges. Registration required.

**A Change for the Better - Virtual or In-Person (Durham CHC)**

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.



**Tuesday  
Sept. 19th**

**Pickering-Ajax Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Gentle Fit - Virtual (Brock CHC)**

9:30-10:30 a.m.

This program is a means of improving and maintaining functional performance through strength, balance, and cardiovascular development. Classes will aid in the prevention of future injury, including those that may be the result of falls. Exercises progress at the pace of the participants and at the discretion of the instructor. Registration required.

**Minds in Motion - Whitby (ASDR)**

10:00 a.m.-12:00 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Drumming for Health (Brock CHC)**

11:00 a.m.-12:00 p.m.

Participants will learn basic hand drumming techniques using a variety of African hand drums and world percussion instruments and enjoy fun rhythm based activities while creating songs together. No experience necessary. Registration required.

**Tuesday  
Sept. 19th  
(cont'd)**

**Support Group for Care Partners Supporting those in Long-Term Care or Retirement Homes - Whitby (ASDR)**

1:00-2:30 p.m.

This group specifically focuses on topics and strategies that affect those supporting residents in long-term care or retirement homes such as stress, communication, and responding to behaviours. Registration required.

**Brain Waves Café - Scugog (ASDR)**

1:00-2:30 p.m.

This is a social and informal places for individuals with cognitive (memory) changes to meet together for stimulating conversation, support, and other engaging activities. Friends and family welcome. Registration required.

**Tai Chi Practice Session (Brock CHC)**

1:30-2:30 p.m.

Join these community-led tai chi practice sessions to maintain awareness of the body with gentle movements that harmonize breathing with careful coordination of arm and leg movements. All are welcome. Registration required.

**Care Essentials for Care Partners Workshop: Responding to Behaviour 3/4 - Virtual (ASDR)**

6:30-8:30 p.m.

Third in a four-part series, this session will explore whole person care, behaviour changes and how to use problem solving solutions in your caregiving journey. Registration required.

**Wednesday  
Sept. 20th**

**Mindful Yoga - Virtual** (Brock CHC)

9:00-10:00 a.m.

This is a gentle yoga and meditation practice to help calm the mind, relax the body, ease stiffness and discomfort, improve balance, strength and flexibility, and get to know yourself better.

**Men's Breakfast Club - Virtual and Whitby** (ASDR)

9:00-11:00 a.m.

Men's Breakfast is a peer-led group, which provides peer-to-peer support for male care partners of persons living with dementia in a casual, comfortable setting.

**Whitby-Oshawa Foot Care Clinic** (CCD)

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Durham Counselling Walk-In Clinic - Virtual** (Durham CHC)

11:00 a.m.-6:00 p.m.

Available for children and youth ages 3 to 19 and their families, same day counselling is offered on a first come, first served basis. Family issues, stress management, substance abuse, and more may be discussed. Registration required.

**Food "4" Thought - Virtual** (Durham CHC)

11:30 a.m.-12:00 p.m.

Pre/postnatal nutrition class for women up to 26 years of age who are pregnant, with classes offered until the infant is up to six months old. Registration required.

**Yoga with Michelle** (Brock CHC)

1:00-2:00 p.m.

Cultivate body awareness and foster a deep connection with yourself. Through gentle movements and stretches, participants will engage their muscles mindfully, promoting strength, flexibility and vitality. Whether you are a beginner or have previous experience, these classes will offer a unique approach to yoga, specifically tailored for individuals seeking a gentle and accessible practice. Participants can choose whether they want to practice from a mat, in a chair, or a mix of both. Registration required.

**Wednesday  
Sept. 20th  
(cont'd)**

**Peer-Led Support Group - Whitby (ASDR)**

1:00-2:30 p.m.

Shared and lived experiences provide the foundation for this peer-led support group. This group offers an opportunity for persons living with dementia to engage with peers in a supportive, social setting.

**Smoke Signals - Virtual (Durham CHC)**

1:00-3:00 p.m.

Self-identified First Nations, Inuit, and Métis are welcome to connect through Culture, Stories, and Experiences.

**Minds in Motion - Bowmanville (ASDR)**

1:15-3:15 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Options for Care Workshop: Applying to Long-Term Care and Transitions 3/3 - (ASDR)**

1:30-4:00 p.m.

Last in a three-part series, this week dives deeper into reviewing the application process for long-term care, discussing how to support transitioning to new locations, and how to continue supporting a person living with dementia in long-term care. Registration required.

**Wednesday  
Sept. 20th  
(cont'd)**

**Indigenous Youth Program Night** (Durham CHC)

5:00-7:30 p.m.

Right To Play Indigenous youth program at Durham Community Health Center still has space for Indigenous youth living in Durham Region who would like to register with the program!

**Gender Affirming Chats: Legal Name and Gender Marker Changes - Virtual** (Durham CHC)

5:30-7:00 p.m.

Are you looking for information related to affirming your gender and/or transition? Join our group information sessions as we explore topics such as navigating pronouns, exploring gender expression, getting connected with community, information on legal name changes, and more. Learn about how to apply to change Ontario issued IDs to reflect correct name and/or gender marker.

**A Change for the Better - Virtual or In-Person** (Durham CHC)

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.

**Thursday  
Sept. 21st**

**Clarington Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Indigenous Current Events - Virtual (Durham CHC)**

9:30-10:15 a.m.

See art, culture, news stories, and politics through an Indigenous lens. Open to all.

**Pole Walking (Brock CHC)**

9:30-10:30 a.m.

Join our outdoor community walking program this fall and take advantage of the many health benefits of walking: improve your mood, boost your energy, alleviate joint pain, improve your quality and length of sleep, kick start your immune system, better manage your blood sugars, maintain a healthy weight, and more! A limited supply of Activator poles will be available for use. Registration required.

**Walking Buddies (ASDR)**

10:00-11:00 a.m.

Socialize and be active as you explore various trails around Durham Region. Registration required.

**Breakfast Club - Whitby (ASDR)**

10:00-11:30 a.m.

Breakfast Club is a peer-led group, which provides peer-to-peer support for care partners of persons living with dementia in a casual, comfortable setting.

**Meaningful Monitoring (Durham CHC)**

10:00 a.m.-12:00 p.m.

Part 2 of the Diabetes Refresher Workshop. This workshop will assist adults living with Type 2 Diabetes in developing their understanding and skill in self-monitoring, appropriately maintaining good blood sugar levels, and becoming more familiar with how their diabetes medication works. Registration required.

**Thursday  
Sept. 21st  
(cont'd)**

**World Alzheimer's Day (ASDR)**

10:00 a.m.-4:00 p.m.

This World Alzheimer's Day join the ASDR for a day of events to recognize those in Durham Region living with Alzheimer's disease and other dementias. The event will be held at the Ajax Community Centre to celebrate the opening of the ASDR's new Ajax location. You can participate in any or all of the events throughout the day including Virtual Dementia Tours, Flag Raising at Pat Bayly Square, Ribbon Cutting Ceremony, ASDR Recognition Awards, and a Dementia Research Update from guest speaker Dr. Amer Burhan.

**Cooking Class (Brock CHC)**

12:00-3:00 p.m.

Join Registered Dietitians Silvia Chu and Alisia Graham-Lee as they prepare a classic autumn favourite food to help you Unlock the Potential of Food and Practice Healthy Eating! Registration required.

**Diabetes Refresher Workshop - Virtual or In-Person (Durham CHC)**

1:30-3:30 p.m.

This workshop will help you polish your diabetes management skills and offer intermediate education for improved control. Learn about how diabetes happens in your body, which lab markers and targets to watch, and the ABCs of diabetes self-management. Also learn about nutrition interventions such as portion control, balancing meals and an introduction to carbohydrate counting. Registration required.

**Wiingushk Deyweygun "Sweetgrass Heartbeat" - Virtual (Durham CHC)**

6:00-8:00 p.m.

Our Traditional Drum group, Wiingushk Deyweygun welcomes all identifying First Nations, Métis and Inuit Males to sit at the Drum and learn songs and Traditions. We also invite all other Community members to join us as well and enjoy in the sharing of Song and Teaching in support of our boys and men.

**Friday  
Sept. 22nd**

**Support Group for Care Partners - Whitby (ASDR)**

9:30-11:00 a.m.

Facilitated by ASDR staff or qualified volunteers, sessions provide opportunities for care partners to share their experiences and navigate available resources.

**Breakfast Club - Uxbridge (ASDR)**

9:30-11:00 a.m.

Breakfast Club is a peer-led group, which provides peer-to-peer support for care partners of persons living with dementia in a casual, comfortable setting.

**Guided Meditation - Virtual (Brock CHC)**

10:00-11:00 a.m.

Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness. No experience necessary. Registration required.

**Peer-Led Support Group - Virtual (ASDR)**

10:00-11:30 a.m.

Shared and lived experiences provide the foundation for this peer-led support group. This group offers an opportunity for persons living with dementia to engage with peers in a supportive, social setting.

**Dementia 101 Workshop: Planning Ahead 3/4 - Virtual (ASDR)**

10:00 a.m.-12:30 p.m.

Third in a four-part series, we will talk about common risks people living with dementia may face and how to manage these by planning ahead. We will talk about making legal and financial plans. Registration required.

**Fresh Food Box Delivery Day (CCD)**

All day

Includes a variety of fresh, local dairy and produce items. Available to order weekly for \$35.50.



**Monday  
Sept. 25th**

**Port Perry Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Yoga with Melissa (Brock CHC)**

10:00-11:00 a.m.

Cultivate body awareness and foster a deep connection with yourself. Through gentle movements and stretches, participants will engage their muscles mindfully, promoting strength, flexibility and vitality. Whether you are a beginner or have previous experience, these classes will offer a unique approach to yoga, specifically tailored for individuals seeking a gentle and accessible practice. Participants can choose whether they want to practice from a mat, in a chair, or a mix of both. Registration required.

**Line Dancing (Brock CHC)**

10:00 a.m.-12:00 p.m.

This instructor-led line dancing class welcomes new and practicing line dancers to learn some fun line dances or just come for the great exercise and laughter. Music is not limited to Country. Partner not needed but welcome. Registration required.

**Spotlight Series: Living Safely in the Community - Virtual (ASDR)**

2:30-4:00 p.m.

Older adults and persons living with dementia are at a higher risk of being targeted for online scams. Learn how to remain safe online, and how to recognize and respond appropriately to frauds and scams. Registration required.

**A Change for the Better - Virtual or In-Person (Durham CHC)**

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.

**Tuesday  
Sept. 26th**

**Pickering-Ajax Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Gentle Fit - Virtual (Brock CHC)**

9:30-10:30 a.m.

This program is a means of improving and maintaining functional performance through strength, balance, and cardiovascular development. Classes will aid in the prevention of future injury, including those that may be the result of falls. Exercises progress at the pace of the participants and at the discretion of the instructor. Registration required.

**Exploring Fall (Durham CHC)**

9:30-11:00 a.m.

For children 3 to 6 years of age and their caregivers. Engage in fun fall activities as children explore this lovely season! Dress accordingly for the weather. Registration required.

**Minds in Motion - Whitby (ASDR)**

10:00 a.m.-12:00 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Drumming for Health (Brock CHC)**

11:00 a.m.-12:00 p.m.

Participants will learn basic hand drumming techniques using a variety of African hand drums and world percussion instruments and enjoy fun rhythm based activities while creating songs together. No experience necessary. Registration required.

**Tai Chi Practice Session (Brock CHC)**

1:30-2:30 p.m.

Join these community-led tai chi practice sessions to maintain awareness of the body with gentle movements that harmonize breathing with careful coordination of arm and leg movements. All are welcome. Registration required.

**Care Essentials for Care Partners Workshop: Supporting Daily Activities 4/4 - Virtual (ASDR)**

6:30-8:30 p.m.

Last in a four-part series, this session will help care partners explore meaningful activities, ways to support daily living and will discuss local resources available. Registration required.

**Wednesday  
Sept. 27th**

**Mindful Yoga - Virtual** (Brock CHC)

9:00-10:00 a.m.

This is a gentle yoga and meditation practice to help calm the mind, relax the body, ease stiffness and discomfort, improve balance, strength and flexibility, and get to know yourself better.

**Men's Breakfast Club - Virtual and Whitby** (ASDR)

9:00-11:00 a.m.

Men's Breakfast is a peer-led group, which provides peer-to-peer support for male care partners of persons living with dementia in a casual, comfortable setting.

**Whitby-Oshawa Foot Care Clinic** (CCD)

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Durham Counselling Walk-In Clinic - Virtual** (Durham CHC)

11:00 a.m.-6:00 p.m.

Available for children and youth ages 3 to 19 and their families, same day counselling is offered on a first come, first served basis. Family issues, stress management, substance abuse, and more may be discussed. Registration required.

**Food "4" Thought - Virtual** (Durham CHC)

11:30 a.m.-12:00 p.m.

Pre/postnatal nutrition class for women up to 26 years of age who are pregnant, with classes offered until the infant is up to six months old. Registration required.

**Wednesday  
Sept. 27th  
(cont'd)**

**Yoga with Michelle** (Brock CHC)

1:00-2:00 p.m.

Cultivate body awareness and foster a deep connection with yourself. Through gentle movements and stretches, participants will engage their muscles mindfully, promoting strength, flexibility and vitality. Whether you are a beginner or have previous experience, these classes will offer a unique approach to yoga, specifically tailored for individuals seeking a gentle and accessible practice. Participants can choose whether they want to practice from a mat, in a chair, or a mix of both. Registration required.

**Smoke Signals - Virtual** (Durham CHC)

1:00-3:00 p.m.

Self-identified First Nations, Inuit, and Métis are welcome to connect through Culture, Stories, and Experiences.

**Minds in Motion - Ajax and Bowmanville** (ASDR)

1:15-3:15 p.m.

This evidence-based program includes physical activity, social, and mind-stimulating activities for people living with dementia and their care partners. This is a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners. Registration required.

**Indigenous Youth Program Night** (Durham CHC)

5:00-7:30 p.m.

Right To Play Indigenous youth program at Durham Community Health Center still has space for Indigenous youth living in Durham Region who would like to register with the program!

**A Change for the Better - Virtual or In-Person** (Durham CHC)

TBD

An introduction workshop for adults newly diagnosed with Type 2 Diabetes or Prediabetes. This group offers beginner education of what diabetes is, the risk and complications and, how to prevent its progression through lifestyle habits that optimize blood sugar levels. Registration required.

**Thursday  
Sept. 28th**

**Clarington Foot Care Clinic (CCD)**

9:00 a.m.-3:00 p.m.

Available to those who need assistance with basic foot care duties due to mobility issues, vision loss, or diabetes when care partners are not available to help. Cost is \$25 for the first visit and \$22 for all subsequent visits.

**Indigenous Current Events - Virtual (Durham CHC)**

9:30-10:15 a.m.

See art, culture, news stories, and politics through an Indigenous lens. Open to all.

**Pole Walking (Brock CHC)**

9:30-10:30 a.m.

Join our outdoor community walking program this fall and take advantage of the many health benefits of walking: improve your mood, boost your energy, alleviate joint pain, improve your quality and length of sleep, kick start your immune system, better manage your blood sugars, maintain a healthy weight, and more! A limited supply of Activator poles will be available for use. Registration required.

**Walking Buddies (ASDR)**

10:00-11:00 a.m.

Socialize and be active as you explore various trails around Durham Region. Registration required.

**Thursday  
Sept. 28th  
(cont'd)**

**Meaningful Monitoring** (Durham CHC)

10:00 a.m.-12:00 p.m.

Part 2 of the Diabetes Refresher Workshop. This workshop will assist adults living with Type 2 Diabetes in developing their understanding and skill in self-monitoring, appropriately maintaining good blood sugar levels, and becoming more familiar with how their diabetes medication works. Registration required.

**Diabetes Refresher Workshop - Virtual or In-Person** (Durham CHC)

1:30-3:30 p.m.

This workshop will help you polish your diabetes management skills and offer intermediate education for improved control. Learn about how diabetes happens in your body, which lab markers and targets to watch, and the ABCs of diabetes self-management. Also learn about nutrition interventions such as portion control, balancing meals and an introduction to carbohydrate counting. Registration required.

**Wiingushk Deyweygun "Sweetgrass Heartbeat" - Virtual** (Durham CHC)

6:00-8:00 p.m.

Our Traditional Drum group, Wiingushk Deyweygun welcomes all identifying First Nations, Métis and Inuit Males to sit at the Drum and learn songs and Traditions. We also invite all other Community members to join us as well and enjoy in the sharing of Song and Teaching in support of our boys and men.

**Friday  
Sept. 29th**

**Guided Meditation - Virtual** (Brock CHC)

10:00-11:00 a.m.

Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness. No experience necessary. Registration required.

**Dementia 101 Workshop: Building a Circle of Support 4/4 - Virtual** (ASDR)

10:00 a.m.-12:30 p.m.

Last in a four-part series, this session will help care partners learn how to recognize stress, manage stress and build a circle of support. Registration required.

**Fresh Food Box Delivery Day** (CCD)

All day

Includes a variety of fresh, local dairy and produce items. Available to order weekly for \$35.50.