

March 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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5	6     	7    	8    	9     	10    	11 
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19	20    	21   	22    	23    	24    	25 
26	27    	28   	29    	30   	31  	

Legend

-  Alzheimer Society of Durham Region (ASDR)
-  Brock Community Health Centre (Brock CHC)
-  Carea Community Health Centre (Carea CHC)

-  Lakeridge Health (LH)
-  Community Care Durham (CCD)
-  Durham Region

Wednesday
Mar. 1st

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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 \$20-\$23.

Minds in Motion - Virtual (ASDR)

10:00-11:30 a.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.

Line Dancing - Virtual (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. Registration required.

Durham Counselling Walk-In Clinic - Virtual (Carea 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 (Carea 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
Mar. 1st
(cont'd)**

Smoke Signals - Virtual (Carea 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.

Taking Control of Our Lives Workshop: Emotional Wellness 6/8 (ASDR)

1:30-3:30 p.m.

An eight-week course intended for people living with dementia and their care partners, this program is designed to help people with dementia develop skills, increase confidence, and feel empowered to take control of their lives by talking with and learning from others that may be experiencing similar things. Registration required.

Mindfulness for Stressed Teens 6/7 - Virtual (Carea CHC)

5:00-6:30 p.m.

Learn strategies to better manage stress and deal with problems and difficult feelings during this seven-week course. Open to teens ages 15-18.

**Thursday
Mar. 2nd**

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 \$20-\$23.

Indigenous Current Events - Virtual (Carea CHC)

9:30-10:15 a.m.

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

Gentle Fit - Cannington (Brock CHC)

9:30-10:30 a.m. or 11:00 a.m.-12:00 p.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.

**Thursday
Mar. 2nd
(cont'd)**

Breakfast Club - Whitby (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.

Indoor Walking Buddies - Oshawa (ASDR)

10:00-11:00 a.m.

Socialize and be active, even in the winter months. Registration required.

Support Group for Care Partners - Whitby (ASDR)

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

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

First Steps for Care Partners Workshop: What is Dementia? 1/4 (ASDR)

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

This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere. This session will provide an overview of symptoms, responding to a diagnosis, treatment and being a care partner. Registration required.

Social Club Thursday: Music Trivia with Carol Salamone - Virtual (CCD)

2:00-3:00 p.m.

Enjoy some online music trivia with Carol Salamone. Registration required.

Calm Kids 3/6 - Virtual (Carea CHC)

4:00-5:30 p.m.

Do you have a child who is anxious? Would you like to learn ways to help your child manage their anxiety? Join this free 6-week group for children ages 10-12 and their parents. Registration required.

Minds in Motion - Whitby (ASDR)

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

**Thursday
Mar. 2nd
(cont'd)**

Minds in Motion - Uxbridge (ASDR)

1:00-3:00 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.

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.

Mindfulness Practice - Virtual (Brock CHC)

2:00-3:00 p.m.

Practicing present moment awareness through breath work, body scan, gentle movement and seated meditations. Registration required.

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.

Care Essentials Workshop: Supporting Daily Activities 4/4 (ADSR)

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

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

An Evening with Farzana Doctor (Durham Region)

7:00-8:30 p.m.

Farzana Doctor is a writer, activist, and psychotherapist. Her ancestry is Indian, and she was born in Zambia while her family was based there for five years, before immigrating to Canada in 1971. Farzana grew up and went to school in Whitby, ON. She attended the Quest Public school for a couple years before moving for her high school years. Her work reflects her time growing up in small-town Canada and has a unique perspective of our beautiful town.

Black Lit Durham and Desarae Dee (Durham Region)

7:00-10:00 p.m.

Headlining the event is Desarae Dee, a Canadian Instrumental Fusion Artist, Multi-Instrumentalist and Producer who has made significant waves in the Canadian music industry with her unique and unconventional playing style since 2014. The night will also include 2 short films presented by Durham Region International Film Festival.

**Friday
Mar. 3rd**

**Friday
Mar. 3rd
(cont'd)**

Aao Gidha Payie Presents Holi Festival and Mutiaran on the Dance Floor (Durham Region)

7:45-11:30 p.m.

Enjoy this Punjabi women's cultural festival and event. close group, Featuring dancing, gigdha, bhangra, and jhoomar. Dinner will be served afterwards.

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.

**Saturday
Mar. 4th**

Snow Castles in Newcastle (Durham Region)

9:00 a.m.-5:00 p.m.

Individuals and teams will create an original snow castle sculpture in a designated space. Sculptures will be judged on design, process, structural soundness, and overall creativity. Fantastic prizes to be won!

Saturday Studio at The RMG (Durham Region)

10:30 a.m.-12:00 p.m. (ages 5-8)

1:00-3:00 p.m. (ages 9-12)

Children can enjoy a session of creativity and imagination at The Robert McLaughlin Gallery. Sculpting, drawing, painting, printmaking and more are available using artist quality materials. Registration required.

**Monday
Mar. 6th**

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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 \$20-\$23.

Chair Yoga (CCD)

10:00-10:40 a.m.

This class will engage all muscle groups through various positions in order to become more fit, flexible, and to improve posture and breathing. Chair modifications will be used for support, confidence, and balance.

**Monday
Mar. 6th
(cont'd)**

Line Dancing - Virtual (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. Registration required.

Loyalist College Health and Wellness Day Career Fair (LH)

10:00 a.m.-2:00 p.m.

With five hospitals, four emergency departments, three critical care and labour and delivery units, a long-term care home, a full range of medical and surgical specialties, and more than twenty community health-care locations, Lakeridge Health offers some of the broadest and most comprehensive ranges of acute care, ambulatory care, and long-term care services in Ontario. If you're interested in making a profound and positive difference at one of Ontario's leading community hospital networks, we'd like to hear from you.

Music Therapy Program - Whitby (ASDR)

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

Music therapy is especially helpful for people in the middle to late stages of dementia, providing relaxation and encouraging pleasant memories. Participants will enjoy a selection of music while socializing with those in a similar situation. Registration required.

Indigenous Book Club - Virtual (Carea CHC)

1:00-2:30 p.m.

Discuss books by Indigenous authors to gain a greater understanding of Indigenous History, Identity, social and economical challenges, and the resiliency of Indigenous People.

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

6:00-7:30 p.m.

Led by a trained and experienced Counsellor, this workshop specifically focuses on topics and strategies that affect those supporting residents in LTC/RH such as stress, communication and responding to behaviours.

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 \$20-\$23.

**Tuesday
Mar. 7th**

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.

**Tuesday
Mar. 7th
(cont'd)**

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.

Radical Restructuring: Empowering Women for Tomorrow - Celebrating International Women's Day (Durham Region)

12:00-4:00 p.m.

Join for an afternoon that celebrates women in business. Featuring keynote speaker Paulette Senior, CEO of the Canadian Women's Foundatio, a panel discussion with empowered, inspirational women, a women in business trade show, and networking lunch.

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 Sessions - Beaverton (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.

Kids in the Kitchen - Beaverton (Brock CHC)

3:30-4:30 p.m.

This hands-on program will teach youth ages 8-14 the important life skill of cooking and the benefits of healthy eating. Participants will learn how to make quick and easy healthy snacks such as pretzels, quesadillas, smoothies and pancakes from scratch, while having fun! Registration required.

**Wednesday
Mar. 8th**

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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.

**Wednesday
Mar. 8th
(cont'd)**

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 \$20-\$23.

Minds in Motion - Virtual (ASDR)

10:00-11:30 a.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.

Line Dancing - Virtual (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. Registration required.

First Steps for Persons Living with Dementia Workshop - Bowmanville (ASDR)

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

This introductory workshop provides an opportunity for persons living with dementia to attend with a care partner who supports them. Participants will receive information and have an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias and the impact of receiving the diagnosis. They will also be encouraged to explore and build on coping skills and strengths. Registration required.

Durham Counselling Walk-In Clinic - Virtual (Carea 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 (Carea 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.

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.

**Wednesday
Mar. 8th
(cont'd)**

Smoke Signals - Virtual (Carea 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.

Taking Control of Our Lives Workshop: Emotional Wellness 7/8 (ASDR)

1:30-3:30 p.m.

An eight-week course intended for people living with dementia and their care partners, this program is designed to help people with dementia develop skills, increase confidence, and feel empowered to take control of their lives by talking with and learning from others that may be experiencing similar things. Registration required.

Mindfulness for Stressed Teens 7/7 - Virtual (Carea CHC)

5:00-6:30 p.m.

Learn strategies to better manage stress and deal with problems and difficult feelings during this seven-week course. Open to teens ages 15-18.

**Thursday
Mar. 9th**

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 \$20-\$23.

Indigenous Current Events - Virtual (Carea CHC)

9:30-10:15 a.m.

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

Gentle Fit - Cannington (Brock CHC)

9:30-10:30 a.m. or 11:00 a.m.-12:00 p.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.

**Thursday
Mar. 9th
(cont'd)**

Indoor Walking Buddies - Pickering (ASDR)

10:00-11:00 a.m.

Socialize and be active, even in the winter months. Registration required.

PROBUS Club of Durham West (Durham Region)

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

Our members are retired and semi-retired business and professional persons residing in Durham Region. Monthly meetings feature informative and entertaining speakers. They usually consist of a business portion of about a half hour, a thirty minute socialization and coffee followed by a stimulating 45 minute presentation by a guest speaker. Meeting new people, making new friends, discovering new interests are just some of the advantages of being a PROBUS member. Initiation fee of \$25 and \$30 annual membership cost.

First Steps for Care Partners Workshop: Adapting to Brain Changes 2/4 (ASDR)

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

This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere. This session explores changes in the brain, adapting to change and maximizing brain health. Registration required.

Support Group for Care Partners - Whitby (ASDR)

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

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

Minds in Motion - Whitby (ASDR)

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

Mindfulness Practice - Virtual (Brock CHC)

2:00-3:00 p.m.

Practicing present moment awareness through breath work, body scan, gentle movement and seated meditations. Registration required.

Social Club Thursday: Introduction into Ontario's Estate Administration Tax - Virtual (CCD)

2:00-3:00 p.m.

Join to learn more about Ontario's Estate Administration Taxes. Registration required.

**Thursday
Mar. 9th
(cont'd)**

Kids in the Kitchen - Beaverton (Brock CHC)

3:30-4:30 p.m.

This hands-on program will teach youth ages 8-14 the important life skill of cooking and the benefits of healthy eating. Participants will learn how to make quick and easy healthy snacks such as pretzels, quesadillas, smoothies and pancakes from scratch, while having fun! Registration required.

Calm Kids 4/6 - Virtual (Carea CHC)

4:00-5:30 p.m.

Do you have a child who is anxious? Would you like to learn ways to help your child manage their anxiety? Join this free 6-week group for children ages 10-12 and their parents. Registration required.

**Friday
Mar. 10th**

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.

Purple Woods Annual Maple Syrup Festival (Durham Region)

9:30 a.m.-2:30 p.m.

Come out and experience a Canadian spring in Central Lake Ontario Conservation Authority's sugarbush at Purple Woods Conservation Area! Sap collected from hundreds of sugar maple trees is boiled on site into delicious maple syrup. On your self-guided tour, you can visit our modern evaporator, enjoy activities, horse-drawn wagon rides, maple taffy and, of course, pancakes with real maple syrup. Don't forget to stop by the Heritage Store to purchase some maple treats to take home! Tickets \$8 online or \$11 at the door.

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.

**Saturday
Mar. 11th**

Blippi: The Wonderful World Tour! (Durham Region)

2:00-4:00 p.m.

Blippi is coming to Oshawa for the ultimate curiosity adventure in Blippi: The Wonderful World Tour! Dance, sing, and learn with Blippi and special guest Meekah as they discover what makes different cities unique and special. Featuring monster trucks, excavators, and garbage trucks. Tickets cost \$65.

**Monday
Mar. 13th**

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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 \$20-\$23.

Chair Yoga (CCD)

10:00-10:40 a.m.

This class will engage all muscle groups through various positions in order to become more fit, flexible, and to improve posture and breathing. Chair modifications will be used for support, confidence, and balance.

Line Dancing - Virtual (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. Registration required.

Music Therapy Program - Whitby (ASDR)

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

Music therapy is especially helpful for people in the middle to late stages of dementia, providing relaxation and encouraging pleasant memories. Participants will enjoy a selection of music while socializing with those in a similar situation. Registration required.

Indigenous Book Club - Virtual (Carea CHC)

1:00-2:30 p.m.

Discuss books by Indigenous authors to gain a greater understanding of Indigenous History, Identity, social and economical challenges, and the resiliency of Indigenous People.

**Tuesday
Mar. 14th**

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 \$20-\$23.

**Tuesday
Mar. 14th
(cont'd)**

U-First! Workshop for Health Care Professionals - Virtual (ASDR)

9:00 a.m.-4:00 p.m.

U-First! is an innovative and unique training program that helps frontline staff to develop a common knowledge base, language, values and approach to caring for people with Alzheimer's disease and other dementias. Cost is \$90. Registration required.

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.

Hep C Team Drop-In (Carea CHC)

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

Education, awareness, and Hepatitis C screening available. Held at the Ajax library.

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.

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 Sessions - Beaverton (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.

**Wednesday
Mar. 15th**

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

Wednesday
Mar. 15th
(cont'd)

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 \$20-\$23.

Minds in Motion - Virtual (ASDR)

10:00-11:30 a.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.

Line Dancing - Virtual (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. Registration required.

Durham Counselling Walk-In Clinic - Virtual (Carea 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 (Carea 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.

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.

**Wednesday
Mar. 15th
(cont'd)**

Smoke Signals - Virtual (Carea 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.

Taking Control of Our Lives Workshop: Emotional Wellness 8/8 (ASDR)

1:30-3:30 p.m.

An eight-week course intended for people living with dementia and their care partners, this program is designed to help people with dementia develop skills, increase confidence, and feel empowered to take control of their lives by talking with and learning from others that may be experiencing similar things. Registration required.

**Thursday
Mar. 16th**

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 \$20-\$23.

Indigenous Current Events - Virtual (Carea CHC)

9:30-10:15 a.m.

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

Gentle Fit - Cannington (Brock CHC)

9:30-10:30 a.m. or 11:00 a.m.-12:00 p.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.

Indoor Walking Buddies - Oshawa (ASDR)

10:00-11:00 a.m.

Socialize and be active, even in the winter months. Registration required.

**Thursday
Mar. 16th
(cont'd)**

Support Group for Care Partners - Whitby (ASDR)

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

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

First Steps for Care Partners Workshop: Planning Ahead 3/4 (ASDR)

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

This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere. This session explores 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.

Social Club Thursday: St. Patrick's Day Musical Performance with Dianne Pararatz - Virtual (CCD)

2:00-3:00 p.m.

Enjoy a St. Patrick's Day musical performance with Dianne Pararatz. She'll entertain with her piano, fiddle and singing. Registration required.

Mindfulness Practice - Virtual (Brock CHC)

2:00-3:00 p.m.

Practicing present moment awareness through breath work, body scan, gentle movement and seated meditations. Registration required.

**Friday
Mar. 17th**

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.

**Saturday
Mar. 18th**

Masterworks Series: The Apotheosis of the Dance - The 7th (Durham Region)

8:00-10:00 p.m.

For music lovers who revere and immerse themselves in Beethoven's majesty, this concert is obligatory! The extravaganza begins with the Coriolan Overture followed by his sparkling Symphony No.1, culminating with the fire and expressive power of Symphony No.7. Ages 7+. Adult tickets starting at \$60, students at \$35.

**Monday
Mar. 20th**

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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 \$20-\$23.

Chair Yoga (CCD)

10:00-10:40 a.m.

This class will engage all muscle groups through various positions in order to become more fit, flexible, and to improve posture and breathing. Chair modifications will be used for support, confidence, and balance.

Line Dancing - Virtual (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. Registration required.

Music Therapy Program - Whitby (ASDR)

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

Music therapy is especially helpful for people in the middle to late stages of dementia, providing relaxation and encouraging pleasant memories. Participants will enjoy a selection of music while socializing with those in a similar situation. Registration required.

Indigenous Book Club - Virtual (Carea CHC)

1:00-2:30 p.m.

Discuss books by Indigenous authors to gain a greater understanding of Indigenous History, Identity, social and economical challenges, and the resiliency of Indigenous People.

**Tuesday
Mar. 21st**

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 \$20-\$23.

**Tuesday
Mar. 21st
(cont'd)**

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.

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

1:00-2:30 p.m.

Led by a trained and experienced Counsellor, this workshop specifically focuses on topics and strategies that affect those supporting residents in LTC/RH such as stress, communication and responding to behaviours.

Tai Chi Practice Sessions - Beaverton (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.

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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.

**Wednesday
Mar. 22nd**

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 \$20-\$23.

Minds in Motion - Virtual (ASDR)

10:00-11:30 a.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.

**Wednesday
Mar. 22nd
(cont'd)**

Durham Counselling Walk-In Clinic - Virtual (Carea 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 (Carea 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.

Smoke Signals - Virtual (Carea CHC)

1:00-3:00 p.m.

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

**Thursday
Mar. 23rd**

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 \$20-\$23.

Indigenous Current Events - Virtual (Carea CHC)

9:30-10:15 a.m.

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

Gentle Fit - Cannington (Brock CHC)

9:30-10:30 a.m. or 11:00 a.m.-12:00 p.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.

Indoor Walking Buddies - Pickering (ASDR)

10:00-11:00 a.m.

Socialize and be active, even in the winter months. Registration required.

Support Group for Care Partners - Whitby (ASDR)

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

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

**Thursday
Mar. 23rd
(cont'd)**

First Steps for Care Partners Workshop: Building a Circle of Support 4/4 (ASDR)

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

This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere. This last session will help care partners learn how to recognize stress, manage stress and build a circle of support. We will talk about making legal and financial plans. Registration required.

Social Club Thursday: BINGO! - Virtual (CCD)

2:00-3:00 p.m.

Enjoy some online entertainment as we play some exciting games of BINGO! Registration required.

Mindfulness Practice - Virtual (Brock CHC)

2:00-3:00 p.m.

Practicing present moment awareness through breath work, body scan, gentle movement and seated meditations. Registration required.

Calm Kids 5/6 - Virtual (Carea CHC)

4:00-5:30 p.m.

Do you have a child who is anxious? Would you like to learn ways to help your child manage their anxiety? Join this free 6-week group for children ages 10-12 and their parents. Registration required.

**Friday
Mar. 24th**

Support Group for Care Partners - Whitby (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.

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.

Friday Night Live - Big 80's Dance Party (Durham Region)

7:00-10:00 p.m.

New Wave, Synthpop, Dance, R&B, Alternative, Hair Metal, Pop - you'll find it all here. Drop by and dance the decade! Even if you weren't around in the 80's, come and experience what you missed. Concessions and cash bar available. Tickets cost \$5.

Friday
Mar. 24th
(cont'd)

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.

Saturday
Mar. 25th

Songs My Mother Taught Me: Choral Concert (Durham Region)

3:00-4:30 p.m. or 7:00-8:30 p.m.

RESOUND Choir focuses on motherhood, femininity, and the experiences of women during the pandemic and beyond. This multimedia performance featuring movement, poetry and three new choral commissions by Ontario composers is a joyful and thoughtful celebration of that which each of us hold dear. Tickets cost \$15-\$30.

Captain Fantastic: A Tribute to Elton John (Durham Region)

7:00-9:00 p.m.

Captain Fantastic is based on the 70's and 80's era of Elton John's work including a five piece band and three costume changes. The show has been travelling internationally for the past 12 years, entertaining audiences at fairs, theatres, festivals, and other venues. Don't miss this sensational tribute show featuring favourites such as "Your Song", "Rocket Man", "Bennie and the Jets", "Crocodile Rock", "Goodbye Yellow Brick Road", and many more! Concessions and cash bar available. Tickets cost \$38.

Tony D Presented by Music by the Bay Live (Durham Region)

8:00-11:00 p.m.

Tony Diteodoro, guitarist, songwriter, and producer of renowned Canadian blues band MonkeyJunk will be playing live in the intimate confines of the Avalon Lounge at the Port Whitby Marina. As always at Music by the Bay Live shows, there will be a chance to meet Tony after the show, creating the complete musical experience, in which you can listen to the music that you love and then meet the people who create it. Tickets cost \$45.

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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 \$20-\$23.

Chair Yoga (CCD)

10:00-10:40 a.m.

This class will engage all muscle groups through various positions in order to become more fit, flexible, and to improve posture and breathing. Chair modifications will be used for support, confidence, and balance.

Monday
Mar. 27th

**Monday
Mar. 27th
(cont'd)**

Line Dancing - Virtual (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. Registration required.

Indigenous Book Club - Virtual (Carea CHC)

1:00-2:30 p.m.

Discuss books by Indigenous authors to gain a greater understanding of Indigenous History, Identity, social and economical challenges, and the resiliency of Indigenous People.

Spotlight Speaker Series: Driving and Dementia Roadmap - Virtual (ASDR)

2:30-4:00 p.m.

In this webinar, Drs. Gary Naglie and Mark Rapoport, who lead a team of researchers focused on dementia and driving, will describe the development and evaluation of the Driving and Dementia Roadmap (DDR), a recently launched online educational resource. They will also demonstrate how to use the DDR, whether you are a person living with dementia, a care partner/friend or a healthcare/service provider supporting others through this process. Registration required.

**Tuesday
Mar. 28th**

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 \$20-\$23.

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.

Virtual Dementia Tour (ASDR)

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

Participants will receive hands-on experience that provides insight into the world of dementia. You will be outfitted with gear that alters your senses in order to simulate some of the challenges faced by older people living with dementia. Registration required.

Tai Chi Practice Sessions - Beaverton (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.

**Wednesday
Mar. 29th**

Chair Yoga - Virtual (Brock CHC)

9:00-10:00 a.m.

This instructor-led class covers all the basics of yoga: gentle movements, deep breathing, stretching, and flexibility postures. Beginners to yoga are especially welcome. Registration required.

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 \$20-\$23.

Line Dancing - Virtual (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. Registration required.

Durham Counselling Walk-In Clinic - Virtual (Carea 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 (Carea 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.

Smoke Signals - Virtual (Carea CHC)

1:00-3:00 p.m.

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

Spotlight Series for Health Care Professionals: Young Onset Dementia - Virtual (ASDR)

2:00-3:00 p.m.

In this month's spotlight series, Young Onset dementia will be defined from other types of dementia by identifying its core symptoms and by understanding the possible causes/risk factors that bring changes to brain structure and function. General ways of supporting people living with young onset dementia will also be discussed. Registration required.

**Thursday
Mar. 30th**

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 \$20-\$23.

Indigenous Current Events - Virtual (Carea CHC)

9:30-10:15 a.m.

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

Gentle Fit - Cannington (Brock CHC)

9:30-10:30 a.m. or 11:00 a.m.-12:00 p.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.

Social Club Thursday: Creative Aging Books and Ideas - Virtual (CCD)

2:00-3:00 p.m.

Antanas Sileika will lead a discussion on Creative Aging Books and Ideas. Registration required.

Mindfulness Practice - Virtual (Brock CHC)

2:00-3:00 p.m.

Practicing present moment awareness through breath work, body scan, gentle movement and seated meditations. Registration required.

Calm Kids 6/6 - Virtual (Carea CHC)

4:00-5:30 p.m.

Do you have a child who is anxious? Would you like to learn ways to help your child manage their anxiety? Join this free 6-week group for children ages 10-12 and their parents. Registration required.

**Friday
Mar. 31st**

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.