

Public Education for October 2026

Our offices will be closed October 12th

Program Name	Program Description	Dates	Location	Time	How To Register
Dementia Education Series <i>Open to the public</i>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Tuesday October 6 th , 13 th , 20 th and 27 th	Zoom	1:30pm- 3:30pm	Click here
Dementia Education Series <i>Open to registered clients. Program is designed for care partner of persons living with dementia. Call us to get registered!</i>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Tuesday October 6 th , 13 th , 20 th and 27 th	Silver Lake Market – 320 Saint Patrick Street, Port Dover	1:30pm- 3:30pm	☎ 1-800-565-4614 ext. 501
Dementia Education Series <i>Open to registered clients. Program is designed for care partner of persons living with dementia. Call us to get registered!</i>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Wednesday October 7 th , 14 th , 21 st , and 28 th	Cayuga Library – 19 Talbot Street W, Cayuga	1:30pm- 3:30pm	☎ 1-800-565-4614 ext. 501

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Dementia Education Series <i>Open to registered clients. Program is designed for care partner of persons living with dementia. Call us to get registered!</i>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Wednesday October 7 th , 14 th , 21 st , and 28 th	Oakville Public Library – Central Branch – 120 Navy Street, Oakville	10:00am- 12:00pm	☎ 1-800-565- 4614 ext. 501
Focus on Communication <i>Open to the Public *This is a recurring series taking place every month – you may unsubscribe at any time*</i>	Topic: Therapeutic Fibbing Description: Learn about the goals of therapeutic fibbing, when it’s appropriate to use, and how it can be effectively implemented into care.	Friday October 9 th	Zoom	11:00am- 12:00pm	Click Here
Brain Health: Mind Diet <i>Open to the public – registration required</i>	Join us for a virtual session, hosted in partnership with De dwa da dehs nye>s Aboriginal Health Centre, to explore how food choices can support brain health. We’ll introduce the MIND diet and share practical tips for everyday meals.	Thursday October 15 th	Zoom	10:30am- 11:30am	☎ Christine 519-774-2339
Brain Health <i>Open to the Public *This is a recurring series taking place every month – you</i>	Topic: Brain Workout Description: This session explores why brain exercise matters and offers practical, engaging ways to	Friday October 16 th	Zoom	11:00am- 12:00pm	Click here

For more information call 1-800-565-4614 or visit our website at www.alzda.ca

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<i>may unsubscribe at any time*</i>	boost memory, focus, problem-solving, and overall brain health.				
Maximizing Brain Health <i>Open to the public – registration required</i>	This session will cover simple brain exercises that you can do at home to help strengthen your own brain health!	Thursday October 22nd	Sackville Hill Seniors Recreation Centre – 780 Upper Wentworth Street, Hamilton	11:00am-12:00pm	☎ Katharine 1-800-565-4614 ext. 211
Toolbox Talks <i>Open to the Public</i> <i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i>	Topic: Managing Caregiver Stress Description: This session will explore the concept of caregiver stress and look at what it is, and the signs of it. In addition, we will explore the strategies that care partners can implement to manage their stress in their everyday lives.	Friday October 23 rd	Zoom	11:00am-12:00pm	Click Here
Getting Started <i>Open to the public</i>	An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.	Monday October 26 th	Zoom	6:30pm-7:30pm	Click here
Public Lecture: Aging and Driving with the Elder Law Project	Most people are aware that once someone reaches age 80, they must complete tests to renew their driver's licenses that are not required for younger people.	Wednesday October 28 th	Zoom	10:00am-11:00am	Click here

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	However, many people do not realize that the driver licensing system treats people age 70 and older differently than younger people if they experience an accident. Learn about the rules for drivers age 70 and older and other aspects of the driver licensing system in Ontario that are not well known at this interactive information session with elder law lawyer Angela Yenssen.				
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