

Wednesday, January 1, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Wednesday, January 1 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

In recognition of Alzheimer's Awareness Month, restaurants across Durham Region are participating in our Dining for Dementia fundraising campaign to support the nearly 12,000+ people living with Alzheimer's disease and other dementias in our community.

How you can get involved:

It's simple! Visit a participating restaurant during the month of January, and a portion of your bill will be donated to the Alzheimer Society of Durham Region. When you dine, let the restaurant know by sharing your experience and tagging us with #DiningforDementia.

Ways you are making a difference:

With your support, funds raised from this campaign will help provide counselling, support groups, and social recreation programs for people living with dementia and their families, as well as education and training for healthcare professionals, local businesses, and the community to make Durham Region more dementia-friendly.

To learn more:

Stay tuned for more information on our list of participating restaurants by visiting www.diningfordementia.ca, and don't forget to follow us on social media for the latest news and updates!

Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Thursday, January 2 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

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Gerdau Free Public Skate - Iroquois Park Sports Centre

Date and Time: Thursday, January 2 12:00 pm - 2:00 pm

Address: 500 Victoria St W, Whitby, ON

Gerdau Free Public Skates - Iroquois Park Sports Centre (500 Victoria St. W.)

Glide into fun through the holidays with us for free!

Join us for the following skates at IPSC:

Monday, December 23 from 1 to 3 p.m.

Friday, December 27 from 1 to 3 p.m.

Thursday, January 2 from 12 to 2 p.m.

Additional free skates at the McKinney Centre (222 McKinney Dr.) and Luther Vipond Memorial Arena (67 Winchester Rd.):

Sunday, December 22 from 11:15 a.m. to 1 p.m. - McKinney Centre

Saturday, December 28 from 5 to 6:45 p.m. - Luther Vipond Memorial Arena

Monday, December 30 from 12 to 2 p.m. - McKinney Centre

Friday, January 3 from 2 to 3:45 p.m. - Luther Vipond Memorial Arena

Friday, January 3, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Friday, January 3 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

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Gerdau Free Public Skate - Luther Vipond Memorial Arena

Date and Time: Friday, January 3 2:00 pm - 3:45 pm

Address: 67 WINCHESTER RD, Whitby, ON

Gerdau Free Public Skates - Luther Vipond Memorial Arena (67 Winchester Rd.)

Glide into fun through the holidays with us for free!

Join us for the following skates at the Luther Vipond Memorial Arena:

Saturday, December 28 from 5 to 6:45 p.m.

Friday, January 3 from 2 to 3:45 p.m.

Additional free skates at the Iroquois Park Sports Centre (500 Victoria St. W.) and the McKinney Centre (222 McKinney Dr.):

Sunday, December 22 from 11:15 a.m. to 1 p.m. - McKinney Centre

Monday, December 23 from 1 to 3 p.m. - Iroquois Park Sports Centre

Friday, December 27 from 1 to 3 p.m. - Iroquois Park Sports Centre

Monday, December 30 from 12 to 2 p.m. - McKinney Centre

Thursday, January 2 from 12 to 2 p.m. - Iroquois Park Sports Centre

Saturday, January 4, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Saturday, January 4 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

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Sunday, January 5, 2025

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Dining For Dementia: January 2025

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Tuesday, January 7, 2025

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Thursday, January 9, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Thursday, January 9 12:00 am - 11:55 pm

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Dining For Dementia: January 2025

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Free ONLINE workshop - How to Read Food Labels to Support Healthy Eating

Date and Time: Thursday, January 9 10:00 am - 11:30 am

Address: ONLINE via ZOOM

In this free online workshop, we discuss the various influences that affect how we choose the food we eat, including the different marketing strategies the food industry uses. We review the four types of food labels: Ingredient List, Nutrition Claims, Health Claims, and Nutrition Facts Table. We will focus on what you need to pay attention to on these labels and why. We practice reading a few labels together and finish with tips on what habits support a pattern of healthy eating.

This interactive workshop will run on Thursday January 9th, 2025 online via ZOOM from 10:00 am to 11:30 am. Pre-registration is required to accommodate sending you the link to join the class. Call 1-866-971-5545 or go to <https://ceselfmanagement.ca/workshoptsignup?id=10211&rt=0> to register.

Knitted Beginner Socks with Tara

Date and Time: Thursday, January 9 10:00 am - 12:00 pm

Address: 8 Vipond Rd

Knitted Beginner Socks with Tara

Code: 58074 Cost: \$41.20

Thursdays, Jan. 9-Jan. 30, 10:00am-12:00pm

This workshop will provide you with a guided journey through knitting your very first pair of socks. A pair of slipper socks will be made to make the process of sock building simple and easy to understand. A basic knowledge of knitting is needed in order to participate in this workshop. Supplies required: See list on online notes and on your receipt. List also available at Brooklin Community Centre and Library and Whitby 55+ Recreation Centre.

55+ membership and pre-registration required.

Friday, January 10, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

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Getting the Most from your Health Care Appointment

Date and Time: Friday, January 10 10:00 am - 11:30 am

Address: ONLINE via ZOOM

Health care appointments can be stressful. Research shows that patients forget 50% of the information shared during an appointment. Contributing factors include:

- stress
- too much information is provided too quickly
- unfamiliar medical jargon
- the patient is reluctant to ask questions or they are not provided enough time to ask them

Communicating well with our healthcare providers is critical. This workshop focuses on what you can do to prepare for your appointment, how to best manage the time during the appointment and what you can be doing after the appointment is completed to be sure you are getting the care and information needed. Resources are provided to help people learn how to communicate more effectively with their healthcare providers.

ONLINE Friday January 10th, from 10:00 am to 11:30 am, via ZOOM

To register for this free course go to our website link provided, <https://www.ceselfmanagement.ca/workshop?id=10214> or call 1-866-971-5545 .

Saturday, January 11, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Saturday, January 11 12:00 am - 11:55 pm

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Sunday, January 12, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

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Dining For Dementia: January 2025

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Mortgage Architects| Re/Max Jazz|De Bartolo-Morgan Law Free Public Skate - Luther Vipond Memorial Arena

Date and Time: Sunday, January 12 2:30 pm - 4:00 pm

Address: 67 WINCHESTER RD, Whitby, ON

Mortgage Architects | Re/Max Jazz |De Bartolo-Morgan Law will be sponsoring a FREE skate on Sunday, January 12th from 2:30pm - 4:00pm at Luther Vipond Memorial Arena (67 Winchester Rd.)

Monday, January 13, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

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Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Monday, January 13 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

- Do you know someone who is a resident of Whitby, is 55+ years old, and who has contributed a lot of their time volunteering in the community?
- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
- Applications will also be available to be completed online at whitby.ca/msva starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

Introduction to Forest Bathing Shinrin-Yoku

Date and Time: Monday, January 13 10:00 am - 11:30 am

Address: ONLINE via ZOOM

In 1982 Forest Bathing was deemed an official wellness practice in Japan, and by 2017 was included in clinical practice in Japan to support people's physical and mental wellness. Today, the health benefits of Forest Bathing are recognized globally. In this online class offered through ZOOM you will learn:

- The health benefits of spending time in nature
- The science behind how the forest is able to support our physical and mental wellness
- How to practice Forest Bathing
- Resources to learn more

We encourage you to think of opportunities available to spend time in nature and how you can bring nature inside to support your health.

To have the link to join this class sent to you register at <https://ceselfmanagement.ca> or call 1-866-971-5545.

Wellness for Weight Loss Program with Sylvia

Date and Time: Monday, January 13 1:00 pm - 2:00 pm

Address: 801 Brock St S

Wellness for Weight Loss Program with Sylvia

Code: 59246 Cost: \$50.00

Mondays, Jan. 13-Mar. 3, 1:00pm-2:00pm

This 8 week Nutrition program will start you on your way to a healthier and more energetic you! Sylvia will guide you through holistic weight loss techniques including simple, healthy, and effective ways to improve your eating habits and reach your goals. This program will include (optional) weigh ins and food tracking to help with accountability. Facilitated by: Certified Nutritionist Sylvia Emmorey. Sylvia has 20 years of experience, works throughout the Durham Region and is also a professor at Durham college.

55+ membership and pre-registration required.

Tuesday, January 14, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Tuesday, January 14 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

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Application Period January 13 – March 7

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- Applications will also be available to be completed online at whitby.ca/msva starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

Armchair Travel to Newfoundland

Date and Time: Tuesday, January 14 10:00 am - 11:00 am

Address: 801 Brock St S

Armchair Travel to Newfoundland

Code: 58549 Cost: Free

Tuesday, January 14, 10:00am-1:00pm

Experience the unique history, environment, culture, and lifestyle of the warm-hearted people of Newfoundland .

Get ready for the stunning natural beauty, quaint villages, and abundant marine life. Join Cathy from CanXplore as

she introduces you to the sights of Newfoundland.

55+ membership and pre-registration required.

FREE Six-Week ONLINE workshop Living a Healthy Life With Diabetes or Pre-Diabetes

Date and Time: Tuesday, January 14 10:00 am - 12:30 pm

Address: ONLINE via ZOOM

Living a Healthy Life with Diabetes is a free six-week workshop series that provides the opportunity to learn skills and tools to manage diabetes or pre-diabetes better. This interactive workshop will cover topics such as monitoring glucose levels, managing stress, strategies for sick days, communication with your health care providers, and an introduction to healthy eating and the importance of exercise. You will be invited each week to create a customized action plan to take small steps towards your health goals. Pre-registration is required due to limited class size. To register call 1-866-971-5545 or go to www.ceselfmanagement.ca. This course will run each Tuesday morning from 10:00 am to 12:30 noon, from January 14 to February 18th.

Wednesday, January 15, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Wednesday, January 15 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

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Application Period January 13 – March 7

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Thursday, January 16, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Thursday, January 16 12:00 am - 11:55 pm

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- Do you know someone who is a resident of Whitby, is 55+ years old, and who has contributed a lot of their time volunteering in the community?
- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
- Applications will also be available to be completed online at whitby.ca/msva starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

Understanding Your Medications

Date and Time: Thursday, January 16 10:00 am - 11:30 am

Address: 801 Brock St S

Understanding Your Medications Workshop

Code: 59255 Cost: Free

Thursday, January 16, 10:00am-11:30am

Our responsibilities when taking medications are different depending on the type of medication we are taking.

To best understand your role and responsibilities this workshop will review: managing prescription and nonprescription

drugs, questions to ask your healthcare provider or pharmacist; managing natural health products; what you need

to consider before choosing them; travelling with medication tips; managing financial challenges; cautions for online

purchases of medication; aging and medication risks; and why you need a Personal Medication Record and what it should include.

55+ membership and pre-registration required.

Friday, January 17, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Friday, January 17 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

In recognition of Alzheimer's Awareness Month, restaurants across Durham Region are participating in our Dining for Dementia fundraising campaign to support the nearly 12,000+ people living with Alzheimer's disease and other dementias in our community.

How you can get involved:

It's simple! Visit a participating restaurant during the month of January, and a portion of your bill will be donated to the Alzheimer Society of Durham Region. When you dine, let the restaurant know by sharing your experience and tagging us with #DiningforDementia.

Ways you are making a difference:

With your support, funds raised from this campaign will help provide counselling, support groups, and social recreation programs for people living with dementia and their families, as well as education and training for healthcare professionals, local businesses, and the community to make Durham Region more dementia-friendly.

To learn more:

Stay tuned for more information on our list of participating restaurants by visiting www.diningfordementia.ca, and don't forget to follow us on social media for the latest news and updates!

Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Friday, January 17 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

- Do you know someone who is a resident of Whitby, is 55+ years old, and who has contributed a lot of their time volunteering in the community?
- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
- Applications will also be available to be completed online at whitby.ca/msva starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

Line Dance Social with Karen

Date and Time: Friday, January 17 6:00 pm - 8:00 pm

Address: 801 Brock St S

Line Dance Social with Karen

Friday, January 17, 6:00pm–8:00pm

Code: 59429 Cost: \$5.00

Come with your friends and dance with Karen Preston at this Line Dance Social. Enjoy this fun-filled evening of all the dances you love, meet new friends and have some fun!

This social is ideal for beginners and those looking to improve. Dress in your favourite winter "Blue, White, and Silver". Bring your water bottle and dancing shoes.

A current 55+ membership and pre-registration is required.

Saturday, January 18, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Saturday, January 18 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

In recognition of Alzheimer's Awareness Month, restaurants across Durham Region are participating in our Dining for Dementia fundraising campaign to support the nearly 12,000+ people living with Alzheimer's disease and other dementias in our community.

How you can get involved:

It's simple! Visit a participating restaurant during the month of January, and a portion of your bill will be donated to the Alzheimer Society of Durham Region. When you dine, let the restaurant know by sharing your experience and tagging us with #DiningforDementia.

Ways you are making a difference:

With your support, funds raised from this campaign will help provide counselling, support groups, and social recreation programs for people living with dementia and their families, as well as education and training for healthcare professionals, local businesses, and the community to make Durham Region more dementia-friendly.

To learn more:

Stay tuned for more information on our list of participating restaurants by visiting www.diningfordementia.ca, and don't forget to follow us on social media for the latest news and updates!

Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Saturday, January 18 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

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- Applications will also be available to be completed online at whitby.ca/msva starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

Sunday, January 19, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Sunday, January 19 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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To learn more:

Stay tuned for more information on our list of participating restaurants by visiting www.diningfordementia.ca, and don't forget to follow us on social media for the latest news and updates!

Instagram: [@alzdurham](https://www.instagram.com/alzdurham)

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Sunday, January 19 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

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Monday, January 20, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Monday, January 20 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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To learn more:

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Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Monday, January 20 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Penny Bingo

Date and Time: Monday, January 20 1:00 pm - 3:00 pm

Address: 8 Vipond Rd

Penny Bingo

Mondays, 1:00pm-3:00pm Cost \$1.00

Do you want to get rid of your pennies? Please remember to bring your jar of pennies and join us

for a fun afternoon full of laughs and giggles!

January 20 Code: 58081

February 24 Code: 59395

March 17 Code: 58083

55+ membership and pre-registration required.

Tuesday, January 21, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Tuesday, January 21 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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To learn more:

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Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Tuesday, January 21 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Tuesday, January 21 10:00 am - 12:00 pm

Address: 85 Taunton Rd E

Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners. Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

These sessions will be held at Amica Taunton, 85 Taunton Rd E

Date(s): Tuesdays from January 21st to March 11th

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

Location: Amica Taunton

Address: 85 Taunton Rd E, Whitby

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at intake@alzheimerdurham.com.

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

Program Information Night

Date and Time: Tuesday, January 21 5:30 pm - 7:30 pm

Address: 2000 Simcoe Street North, Oshawa

Join us at Program Information Nights and see first-hand why so many students choose Durham College!

We're opening our doors and inviting you to:

- Discover our 145+ career-driven programs
- Learn about student services like financial aid, academic support and health and wellness support
- Explore our state-of-the-art facilities
- Apply for your program – we’ll cover the \$150 application fee!

Whatever your career goals, we’ll help you find the right fit. Register now and you’ll be entered for a chance to win a \$5,000 tuition credit.

Whitby campus Program Information Night is January 22.

Warm Your Body and Soul - Two Yoga Events

Date and Time: Tuesday, January 21 6:00 pm - 8:15 pm

Address: 801 Brock St S

“Warm Your Body and Soul” Yoga Event on Tuesday, January 21

Beat the winter chill and join us for one of two yoga programs that are sure to “warm your body and soul”. Dennis will lead you through a class that will

stretch and comfort your muscles. Bring your mug to enjoy some hot chocolate before you venture home in complete relaxation. There are two classes to

choose from. Current 55+ membership and pre-registration required (please only register for one of the two classes):

- **Yoga Relax and Restore with Dennis**

Code: 59397 Cost: \$3

Tuesday, January 21, 6:00pm–7:00pm

- **Yoga Stretch with Dennis**

Code: 59398 Cost: \$3

Tuesday, January 21, 7:15pm–8:15pm

Wednesday, January 22, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Wednesday, January 22 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

In recognition of Alzheimer’s Awareness Month, restaurants across Durham Region are participating in our Din

ing for Dementia fundraising campaign to support the nearly 12,000+ people living with Alzheimer's disease and other dementias in our community.

How you can get involved:

It's simple! Visit a participating restaurant during the month of January, and a portion of your bill will be donated to the Alzheimer Society of Durham Region. When you dine, let the restaurant know by sharing your experience and tagging us with #DiningforDementia.

Ways you are making a difference:

With your support, funds raised from this campaign will help provide counselling, support groups, and social recreation programs for people living with dementia and their families, as well as education and training for healthcare professionals, local businesses, and the community to make Durham Region more dementia-friendly.

To learn more:

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Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Wednesday, January 22 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

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Managing Stress- Powerful Tools for Caregivers

Date and Time: Wednesday, January 22 10:00 am - 11:30 am

Address: ONLINE

They could be your parent, partner, sibling friend or neighbour with a chronic health condition, and when we take on the role of helping to support them in anyway, we have taken on the role of a caregiver. The role can be very rewarding and at the same time difficult to manage, especially emotionally. Caregiving and stress go hand-in-hand but it can be easier to manage the stress in a healthy way when we are prepared for it.

In this free workshop, caregivers will explore some of the signs and sources of stress, understand what we have control over and what we do not have control over, understand the consequences of neglecting signs of stress and how to practice stress reducing activities. You will also be provided with a resource sheet to contact other organizations in our communities to support your caregiver journey.

This workshop will be delivered online Wednesday January 22, 2025 from 10:00 am to 11:30 am. via ZOOM.

To register to to <https://www.ceselfmanagement.ca/workshop?id=10215> or call 1-866-971-5545.

Program Information Night

Date and Time: Wednesday, January 22 5:30 pm - 7:30 pm

Address: 1610 Champlain Avenue, Whitby

Join us at Program Information Nights and see first-hand why so many students choose Durham College!

We're opening our doors and inviting you to:

- Discover our 145+ career-driven programs
- Learn about student services like financial aid, academic support and health and wellness support
- Explore our state-of-the-art facilities
- Apply for your program – we'll cover the \$150 application fee!

Whatever your career goals, we'll help you find the right fit. Register now and you'll be entered for a chance to win a \$5,000 tuition credit.

Thursday, January 23, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Thursday, January 23 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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How you can get involved:

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Ways you are making a difference:

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To learn more:

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Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Thursday, January 23 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

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- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
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Friday, January 24, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Friday, January 24 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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To learn more:

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Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Friday, January 24 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

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Unfolding the Foundations of Indigenous History and Traditions

Date and Time: Friday, January 24 10:00 am - 12:00 pm

Address: 801 Brock St S

Unfolding the Foundations of Indigenous History and Traditions

Friday, January 24, 10:00am–12:00pm

Code: 59410 Cost: \$12

Dr. Peter Menzies will encourage participants to learn about Indigenous culture, identity, healing, traditions, and

Elder importance in the community. Peter will engage with participants through the adult learning model framework

allowing for clarity and understanding. 55+ Recreation Centre. 55+ membership and pre-registration is required.

Unfolding the Foundations of Indigenous History & Traditions

Date and Time: Friday, January 24 10:00 am - 12:00 pm

Address: 801 Brock St S

This two-hour workshop is a follow up to the fall workshop “First Nations Peoples” held in October 2024, which provided an historic overview of issues confronting Indigenous People in Canada. In this new workshop, participants will explore the importance of Indigenous cultural ceremonies that support community identity and healing. Participants will learn about the vital roles of Elders, Cultural Teachers and how their knowledge of traditional practices promotes Indigenous culture across communities. Through an adult learning model framework, the workshop leader will encourage participants to ask questions, clarify their understanding of Indigenous ceremonies within a respectful conversational learning model.

Pre registration is required.

Saturday, January 25, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Saturday, January 25 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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Ways you are making a difference:

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To learn more:

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Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Saturday, January 25 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Sunday, January 26, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Sunday, January 26 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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ing for Dementia fundraising campaign to support the nearly 12,000+ people living with Alzheimer's disease and other dementias in our community.

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Monday, January 27, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Monday, January 27 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

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Facebook: Alzheimer Society Durham Region

X: [@alzheimerdurham](https://twitter.com/alzheimerdurham)

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Monday, January 27 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Managing Sleep and Stress

Date and Time: Monday, January 27 10:00 am - 11:30 am

Address: ONLINE via ZOOM

Free Online Workshop Sleep and Stress

To support our physical and mental wellness, we need 7-9 hours of quality sleep each night. This can be difficult to get, especially as we age. In this workshop we explore:

- The science behind why sleep is essential to our wellbeing
- Why it can be more difficult to get a good nights sleep as we age
- Common signs of sleep disorders
- What we can do to support sleep and what sleep aids may not support our over-all health
- How stress can affect our health and different activities to try to manage stress in a healthy way

This workshop will be online via ZOOM register at 1-866-971-5545 or on our website at <https://ceselfmanagement.ca>

Tuesday, January 28, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Tuesday, January 28 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

In recognition of Alzheimer's Awareness Month, restaurants across Durham Region are participating in our Dining for Dementia fundraising campaign to support the nearly 12,000+ people living with Alzheimer's disease and other dementias in our community.

How you can get involved:

It's simple! Visit a participating restaurant during the month of January, and a portion of your bill will be donated to the Alzheimer Society of Durham Region. When you dine, let the restaurant know by sharing your experience and tagging us with #DiningforDementia.

Ways you are making a difference:

With your support, funds raised from this campaign will help provide counselling, support groups, and social recreation programs for people living with dementia and their families, as well as education and training for healthcare professionals, local businesses, and the community to make Durham Region more dementia-friendly.

To learn more:

Stay tuned for more information on our list of participating restaurants by visiting www.diningfordementia.ca, and don't forget to follow us on social media for the latest news and updates!

Instagram: @alzdurham

Facebook: Alzheimer Society Durham Region

X: @alzheimerdurham

Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Tuesday, January 28 8:30 am - 4:30 pm

Address: 801 Brock St S

Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

- Do you know someone who is a resident of Whitby, is 55+ years old, and who has contributed a lot of their time volunteering in the community?
- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
- Applications will also be available to be completed online at whitby.ca/msva starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Tuesday, January 28 10:00 am - 12:00 pm

Address: 85 Taunton Rd E

Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners. Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

These sessions will be held at Amica Taunton, 85 Taunton Rd E

Date(s): Tuesdays from January 21st to March 11th

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

Location: Amica Taunton

Address: 85 Taunton Rd E, Whitby

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at intake@alzheimerdurham.com.

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

Wednesday, January 29, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Wednesday, January 29 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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Thursday, January 30, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Thursday, January 30 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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Free Workshop-Understanding Medications - Prescribed, Non-Prescription and Natural Health Products

Date and Time: Thursday, January 30 10:00 am - 11:30 am

Address: ONLINE via ZOOM

Our responsibilities when taking medications are different depending on the type of medication we are taking. To best understand your role and responsibilities in this workshop we will review:

- Managing Prescription and Non Prescription drugs- Questions to ask your health care provider
- Managing Natural Health Products - Are they right for you?
- Storing Medication Tips
- Traveling with Medication Tips- for both local and abroad travel
- Managing Financial Challenges- What if I can't afford the medication?
- Cautions for buying medications and natural health products online
- Aging and Medication Risks- what do I need to consider
- Personal Medication Record- why you need one and what it should include

This free workshop is ONLINE via ZOOM. Thursday January 30th, 2025, from 10:00 am to 11:30 am.

Preregistration is required in order to send you the link to join the class. Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register

Friday, January 31, 2025

Alzheimer Society of Durham Region - Dining For Dementia: January 2025

Date and Time: Friday, January 31 12:00 am - 11:55 pm

Address: Participating restaurants in Durham Region

Dining For Dementia: January 2025

The Alzheimer Society of Durham Region

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