

FALL PROGRAM

SEPTEMBER TO DECEMBER 2022



Artwork by Angèle G., participant in the Alzheimer Society of Montreal's art therapy workshops.

Alzheimer Society
MONTREAL

TABLE OF CONTENTS

3

SERVICES FOR CAREGIVERS

Intake and referrals and the counselling network . . .	3
Support groups for caregivers	4
Weekly groups – support and information	5
Monthly support groups	6
Art therapy	7

8

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS

Individual consultations	8
Art therapy	9

10

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

In-home respite and stimulation program	10
Saturday activity centres	11
Permanent activity centre of the Alzheimer Society of Montreal	12
Laughter yoga	13
Creative dance with les Grands Ballets Canadiens . .	14
Art links with the Montreal Museum of Fine Arts . .	15
Tales and travels	16

17

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

Public lectures	17
Workshops for health care professionals	18
Workshop schedules	19

20

SERVICES FOR ALL

Guided yoga and relaxation	20
Vernissage and Exposition	21
My Cognitive Health	22
Hector "Toe" Blake Celebrity golf tournament . . .	23
The Society's signature events	24
Summary tables of activities	25

CONTACT INFORMATION

Alzheimer Society of Montreal
4505 Notre-Dame Street West,
Montreal Quebec H4C 1S3
Telephone: 514-369-0800
www.alzheimermontreal.ca

OPENING HOURS

Monday to Friday,
9 a.m. to 5 p.m.

Our programs and services team remains available to assist you and offer support and information in a number of ways during the pandemic.

Need help using Zoom?

Contact us! Our team can help you out when you register!

514-369-0800
info@alzheimermontreal.ca

SERVICES FOR CAREGIVERS

INTAKE AND REFERRALS AND THE COUNSELLING NETWORK

Helping someone with a neurocognitive disorder involves multiple challenges, especially during the current health situation.

Our counsellors are available, even remotely, to offer free and confidential consultations to assess your needs and provide you with information, support and resources.



Our services are available either in person or remotely. We encourage you to contact our team by phone, email or video conference.

Connect with a counsellor now:

514-369-0800 | accueil@alzheimermontreal.ca



FINANCÉ PAR

L'APPUÏ POUR LES
PROCHES AIDANTS
D'ÂÎNÉS
MONTREAL

lappuimontreal.org

SERVICES FOR CAREGIVERS

ABOUT SUPPORT GROUPS FOR CAREGIVERS

WHO should attend these groups?	These groups are for family members of people with Alzheimer’s disease or another neurocognitive disorder who care for them at home or remotely.
WHO facilitates the groups?	A team of professional and qualified facilitators lead support groups for caregivers.
WHY join a support group?	<p>To gain practical knowledge, discover strategies to integrate into daily life and plan for the future.</p> <p>To join a safe space where you can share your experiences without fear.</p> <p>To understand that you are not alone, as others are facing the same challenges.</p> <p>To be part of the Alzheimer Society of Montreal and a network of resources.</p>
WHERE do the groups meet?	Monthly groups meet remotely. Weekly groups mostly meet remotely as well.
HOW to register for a group or learn about one.	Contact a counsellor at the Alzheimer Society of Montreal: 514-369-0800, info@alzheimermontreal.ca

SERVICES FOR CAREGIVERS

WEEKLY GROUPS – SUPPORT AND INFORMATION

Throughout the year, weekly groups for caregivers are offered in French and English by our team of experienced facilitators.

This group meets weekly for two hours over six weeks. Topics include an overview of Alzheimer's disease and related disorders, different aspects of communication, reactive behaviours, how to take care of yourself as a caregiver and the different community resources available in the area.

REGISTRATION REQUIRED.

Cost: \$60 for a six-week session.

It's not necessary to have used a service of the Alzheimer Society of Montreal to participate in this group.

For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca

IN-PERSON GROUPS	
Alzheimer Society of Montreal — 4505, Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Friday 2 to 4 p.m. October 21 st to December 2 nd , 2022 <i>*Pause during the week of November 11, 2022</i>	Tuesday, 1 to 3 p.m. November 8 to December 13, 2022

ONLINE GROUPS – ON ZOOM	
FRENCH	ENGLISH
Tuesday 6:30 to 8:30 p.m. September 20 to October 25, 2022	Wednesday 9:30 to 11:30 a.m. October 5 to November 9, 2022

Please note that additional groups can be created if needed.

SERVICES FOR CAREGIVERS

MONTHLY SUPPORT GROUPS

After attending all sessions of a weekly support and information group, caregivers are invited to join a monthly group to maintain peer support and share information. The issues addressed reflect the realities and needs expressed by participants.

REGISTRATION REQUIRED.

Cost: \$60

Period from September 2022 to June 2023.

Participants must first have completed a support and information group. Groups may be joined throughout the year (prorated cost).

Please note that groups currently meet remotely. However, we ask you to choose a location and time slot that will work for you once in-person groups start up again.

For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca

CENTRE-SOUTH OF MONTREAL ONLINE — ZOOM	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal*	
FRENCH	ENGLISH
4 th Monday of the month: 1:30 to 3:30 p.m.	2 nd Thursday of the month: 4 to 6 p.m.

EAST OF MONTREAL ONLINE – ZOOM	
CLSC Olivier Guimond — 5810 Sherbrooke Street East, Montreal*	
FRENCH	
4 th Tuesday of the month: 1:30 to 3:30 p.m.	4 th Wednesday of the month: 7 to 9 p.m.

WEST OF MONTREAL ONLINE — ZOOM	
CHSLD Bayview — 27 Lakeshore Road, Pointe-Claire*	
ENGLISH	
1 st Monday of the month: 7 to 9 p.m.	1 st Wednesday of the month: 7 to 9 p.m.

ONLINE — ZOOM	
Zoom group	
FRENCH	ENGLISH
1 st Monday of the month: 1:30 to 3:30 p.m.	1 st Thursday of the month: 6 to 8 p.m.

*Usual location of the groups.

SERVICES FOR CAREGIVERS

ART THERAPY

These art therapy groups for caregivers of people with neurocognitive disorders provide a safe space for them to express themselves and share their life experiences through various artistic mediums. Participants will explore their identity, their role as a caregiver, and the emotions associated with this role. During the groups, the development of self-care tools through art and relaxation will be encouraged.



REGISTRATION REQUIRED

COST: Free. A kit of art materials will be provided to each participant.

For more information and to register: 514-369-0800 | info@alzheimermontreal.ca

VIRTUAL – VIA ZOOM	
BILINGUAL	
Tuesdays from 6:30 to 8:30 p.m. — September 20 to December 6, 2022	
Thursdays from 10 a.m. to 12 p.m. — September 22 to December 8, 2022	

INDIVIDUAL CONSULTATIONS

Professional support services are available free of charge to people with Alzheimer's disease, a mild cognitive impairment or a related disorder.

This service is designed to meet your individual needs and help you adapt and cope with the challenges and changes associated with your diagnosis.



Information, support and resources await you.

Cost: Free.

Contact us at 514-369-0800 or by email at info@alzheimermontreal.ca

ART THERAPY

This activity enables people with a neurocognitive disorder to work on a project, exercise their autonomy and experience positive emotions. The workshops give meaning to the present moment and preserve participants' dignity.



Cost: \$60 for a six-month session.

No artistic experience is required. Registrations ongoing until the group is full.

**For more information, contact us at 514-369-0800 or
by email at info@alzheimermontreal.ca**

IN PERSON	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal	
BILINGUAL	
Monday 10 to 11:30 a.m. September 12 to December 19, 2022	Monday 1:30 to 3 p.m. September 12 to December 19, 2022
ONLINE – ZOOM	
BILINGUAL	
Fridays 10 to 11:30 a.m. September 2 nd to December 16, 2022	

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

IN-HOME RESPITE AND STIMULATION PROGRAM

Qualified professionals from the Alzheimer Society of Montreal provide caregivers with a two- to four-hour respite period on a weekly basis. This service provides enriching and meaningful experiences for people with neurocognitive disorders in a safe environment: their home.

Cost: Based on income.

**For more information, contact us at 514-369-0800 or
by email at info@alzheimermontreal.ca**



FINANCÉ PAR

L'APPUÏ POUR LES
PROCHES AIDANTS
D'ÂÎNÉS
MONTRÉAL

lappuimontreal.org

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

SATURDAY ACTIVITY CENTRES

The Alzheimer Society of Montreal has three activity centres located in Ahuntsic, Lachine and Centre-South. In each facility, clients can rely on qualified staff and volunteers with the knowledge and expertise required to meet the specific needs of participants and reassure families.

These activity centres provide a few hours of respite to caregivers and their families on Saturdays and stimulation to people with neurocognitive disorders.

Cost: \$20 per Saturday.

An assessment is required to adequately address the needs of the person with a neurocognitive disorder.

For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca



PERMANENT ACTIVITY CENTRE OF THE ALZHEIMER SOCIETY OF MONTREAL



Located in Montreal's Southwest borough, our activity centre is **safe, spacious, welcoming** and entirely designed to meet the needs of people with neurocognitive disorders and their caregivers.

Participants are accompanied by facilitators who are **qualified and trained** to effectively understand and communicate with people with Alzheimer's disease.

Our team provides a **caring and professional** service.

IN PERSON	
Alzheimer Society of Montreal - 4505, Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Thursdays, 10 a.m. to 4 p.m. Starting August 23rd	Tuesdays, 10 a.m. to 4 p.m. Starting August 23rd

We are happy to welcome you on weekdays" Contact us to reserve your place!

) 14 369-0800 | info@alzheimermontreal.ca

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS



This program funds the next three activities. In addition, the presence of the research team is possible during the activities.

LAUGHTER YOGA

People with neurocognitive disorders and their caregivers can now participate in a weekly hour of laughter yoga on Zoom.

During these sessions, you'll learn about the benefits of laughter for the body, mind and soul. Laughter yoga is a unique activity developed in India by Dr. Madan Kataria that combines laughter and breathing exercises.

Dress comfortably, bring a water bottle and join us!

Cost: Free.

No experience required.

**For more information, contact us at 514-369-0800 or
by email at info@alzheimermontreal.ca**

ONLINE – ZOOM

BILINGUAL

Mondays 10:30 to 11:30 a.m. | September 26 to December 19, 2022



CREATIVE DANCE WITH LES GRANDS BALLETS CANADIENS

This dance and movement activity is offered by the National Centre For Dance Therapy, a division of Les Grands Ballets Canadiens, and is adapted for people with neurocognitive disorders and their caregivers. Explore your creative potential and enjoy the benefits of physical activity!

Dress comfortably, bring a water bottle and join us!

Presented by Carol Jones, dancer, choreographer and dance therapy intern.

Cost: Free.

No experience required.

**For more information, contact us at 514-369-0800 or
by email at info@alzheimermontreal.ca**

IN PERSON
Édifice Wilder Espace Danse — 1435, de Bleury Street, 4 th floor, Montreal
BILINGUAL
Wednesdays, 2 to 3 p.m. September 21 st to December 21 st , 2022



CENTRE NATIONAL DE
DANSE-THÉRAPIE

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

ART LINKS WITH THE MONTREAL MUSEUM OF FINE ARTS

People with neurocognitive disorders and their caregivers are invited each month to the Montreal Museum of Fine Arts for a guided tour and a creative workshop.

The monthly visit to the Montreal Museum of Fine Arts has been adapted to respect current physical distancing measures.

Cost: Free.

For more information and to register, please contact Anne-Laurence Mongrain, art-therapist at 514-369-0800, ext. 1104 — almongrain@alzheimermontreal.ca

IN PERSON
Montreal Museum of Fine Arts 2200 Crescent Street
3 rd Friday of the month 2 to 4 p.m. September 16, October 21 st , November 18 and December 16, 2022
 MONTREAL MUSEUM OF FINE ARTS

The Art Links program is a partnership between the Montreal Museum of Fine Arts' Sharing the Museum program and the Alzheimer Society of Montreal.

Artwork by Angelina L.,
participant in the Art Links program.



SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

TALES AND TRAVELS

People with neurocognitive disorders and their caregivers are invited to discover different countries during this weekly series of workshops. The aim of this program is to encourage interaction, conversation and self-expression through travel-themed discussions. Participants will explore countries through books, articles, discussions, music and similar activities.

Cost: Free for Westmount Public Library members.

Register with DANIEL MIGUEZ at 514-989-5530 or dmiguez@westmount.org

IN PERSON AND ONLINE VIA ZOOM	
Westmount Public Library — 4574 Sherbrooke Street West, Montreal	
BILINGUAL	
Tuesdays 1 to 1:45 p.m. September 13 to October 11, 2022, and November 15 to December 13, 2022	Tuesdays 2:15 to 3 p.m. September 13 to October 11, 2022, and November 15 to December 13, 2022



SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

PUBLIC LECTURES

LECTURE 1 : WHAT YOU SHOULD KNOW ABOUT ALZHEIMER'S DISEASE

Lecture on the warning signs, progression and risk factors of Alzheimer's disease. Learn how to mitigate some of the risk factors and find out how the Alzheimer Society of Montreal's services can help you.

LECTURE 2 : AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES

A lecture on common questions about Alzheimer's disease and neurocognitive disorders followed by an introduction to strategies for responding to changes in communication and behaviour.

LECTURE 3 : VISITING SOMEONE WITH ALZHEIMER'S: WHAT YOU SHOULD KNOW

Lecture on Alzheimer's disease and neurocognitive disorders with practical tips for visiting someone with the disease.

The speaker will provide participants with tips for optimizing time spent with a person with a neurocognitive disorder.

LECTURE 4 : CARING FOR THE CAREGIVER

A discussion on the role of caregivers and strategies for supporting them to reduce their stress.

Family and friends are welcome.

LECTURE 5 : AMBIGUOUS LOSS

Issues of grief and loss are among the most difficult to deal with when caring for someone with Alzheimer's disease or another neurocognitive disorder. Ambiguous loss differs from loss following a death in that closure is impossible while the person is still alive.

Fortunately, understanding loss and grief can help mitigate the effects of the disease.

The Alzheimer Society of Montreal offers lectures for \$150 (administrative fee only) to groups from non-profit organizations (a minimum fee is required for private organizations).

Lectures last one hour including the question period. Lectures are held on Zoom or in person, in compliance with current health measures.

WORKSHOPS FOR HEALTH CARE PROFESSIONALS

To participate in all modules, completion of prerequisite modules is required.

MODULE 1	UNDERSTANDING ALZHEIMER'S DISEASE AND NEUROCOGNITIVE DISORDERS A clinical overview of Alzheimer's disease using a person-centred approach.
MODULE 2	MEMORY FOOTPRINTS An interactive training session to better understand the experience of people with neurocognitive disorders.
MODULE 3	COMMUNICATION IN ACTION A look at changes in communication and an introduction to techniques and strategies to improve quality of life for people with neurocognitive disorders.
MODULE 4	DAILY LIVING WITH ALZHEIMER'S DISEASE – ROUTINES AND ACTIVITIES A presentation of intervention strategies to meet the specific needs of people with neurocognitive disorders.
MODULE 5 Advanced training	INTIMACY, SEXUALITY AND COGNITIVE DISORDERS An in-depth exploration of the human need for intimacy, love and sexuality in people with neurocognitive disorders. There are prerequisites for this workshop.

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

WORKSHOP SCHEDULES

ONLINE MODULES – ON ZOOM		
	FRENCH	ENGLISH
	Wednesday 1:30 to 4:30 p.m.	Tuesday 9 a.m. to 12 p.m.
MODULE 1	October 5	October 4
MODULE 2	October 12	October 11
MODULE 3	October 19	October 18
MODULE 4	October 26	October 25
MODULE 5	November 2 nd	November 1 st

CLASSROOMS MODULES		
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal		
FRENCH *only		
MODULE 1	October 5	9 a.m. to 12:30 p.m.
MODULE 2	October 12	
MODULE 3	October 19	
MODULE 4	October 26	
MODULE 5	November 2 nd	

For more information and to register for our workshops and training sessions, contact our educational department:

514-369-0800 | education@alzheimermontreal.ca

GUIDED YOGA AND RELAXATION

This gentle yoga class is made up of exercises performed on the floor, standing or seated that promote mobility, balance, coordination and relaxation. Have a chair without armrests ready and practice on a mat or other non-slip surface.

Presented by Annie de Grandmont, yoga teacher and Coordinator – grants and project funding at the Alzheimer Society of Montreal.

Cost: Free.

Registration required. For all levels. No experience required.

You can join the group at any time throughout the session.

For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca

HYBRID FORMAT – ZOOM AND IN PERSON
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal
BILINGUAL
Thursdays 10:30 to 11:15 a.m. September 15 to December 15, 2022



VERNISSAGE AND EXPOSITION

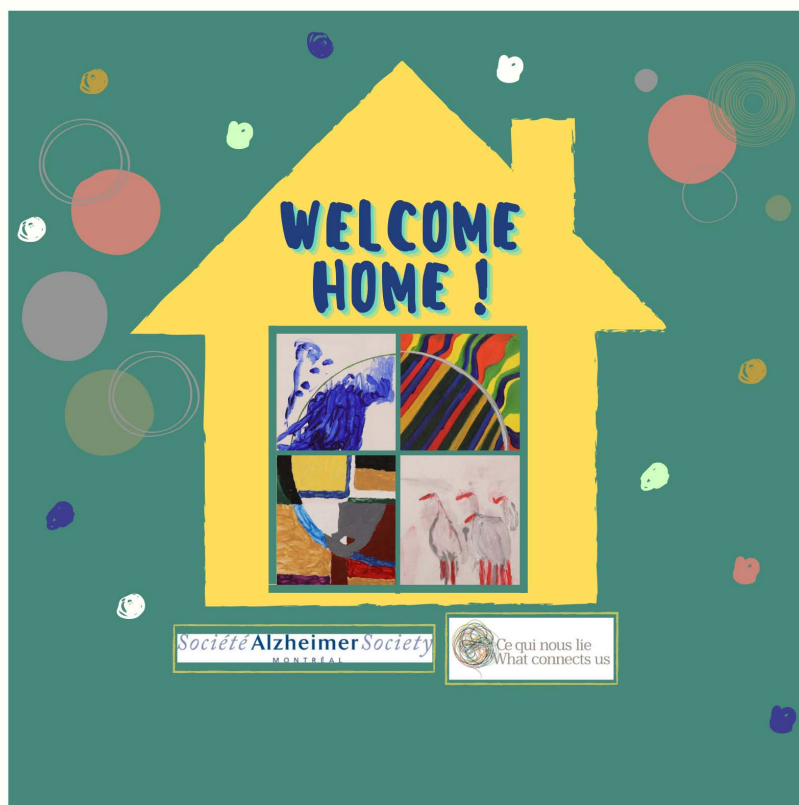
On October 12, the Alzheimer Society of Montreal invites you to the vernissage of the works of art therapy workshop participants.

Join us, at home, at the magnificent Activity Centre, fully equipped for your comfort. We will welcome you for a cocktail at 5:00 pm, so that you can admire the works created by this year's participants. This will also be an opportunity for us to recognize the talent and commitment of the participants during the art therapy sessions.

IN PERSON

Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal

Wednesday, October 12, 2022 | From 5 to 7 p.m.





MY COGNITIVE HEALTH

#MYCOGNITIVEHEALTH

The Alzheimer Society of Montreal, in partnership with Quebec ami des aînés (QADA), presents the My Cognitive Health project.

RAISE AWARENESS, INFORM AND MOBILIZE.

A concrete effort to prevent dementia and maintain the cognitive health of Montreal's seniors.

Watch the My Cognitive Health videos [here](#).

Learn about the My Cognitive Health toolkit [here](#).

Could your community benefit from tools for raising awareness on maintaining cognitive health?

Contact us at info@alzheimermontreal.ca

For more information, visit www.instagram.com/masantecognitive

FOLLOW US ON:



@MONTREAL.ALZHEIMER (FACEBOOK)
@MONTREAL_ALZHEIMER (INSTAGRAM)
@MONTREAL_ALZH (TWITTER)

THE HECTOR « TOE » BLAKE CELEBRITY GOLF TOURNAMENT AWAITS YOU ON **SEPTEMBER 1st, 2022 !**



Presented by the **Alzheimer Society of Montreal** and **Raymond James Ltd**, with a special collaboration from the *Montreal Canadiens Alumni*, this tournament is a major fundraising event, in honour of the *Montreal Canadiens Alumni* who have been touched by Alzheimer's disease.

For this vegas round of golf, we invite you to the superb **Rouge course of the St-Raphaël Golf Club**, on Île Bizard, only 45 minutes from downtown Montreal!



The tournament will be chaired by **Guy Carbonneau**, one of the NHL's best defensive forward, current coach and influential columnist in the hockey world.

Register now and join us on **September 1st!**



Some representatives of the Montreal Canadiens Alumni who were with us for the 2021 golf tournament.

THE SOCIETY'S SIGNATURE EVENTS

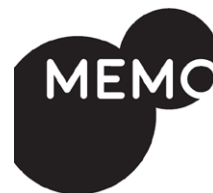
ANNUAL BARCLAY FAMILY COLLOQUIUM

An educational event that promotes learning and sharing leading-edge information on family aging and neurocognitive disorders. **February 2023** - <https://alzheimermontreal.ca/en/annual-barclay-family-colloquium/>

Annual *Barclay*
Family Colloquium

MEMO EVENING

A networking event for the benefit of the Alzheimer Society of Montreal attended by Montreal's business community. **September 21st, 2022** - <https://alzheimermontreal.ca/en/memo-evening/>



IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

A national awareness event held in May in over 250 communities. **May 28, 2023** - <https://alzheimermontreal.ca/en/walk-for-alzheimers/>



HECTOR "TOE" BLAKE CELEBRITY GOLF TOURNAMENT

A sports-filled day with Montreal Canadiens Alumni!
September 1st, 2022 - <https://alzheimermontreal.ca/en/golf-tournament/>



SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2022 Schedule	Cost
Intake and referrals and the Counselling Network	Hybrid	Zoom or Alzheimer Society of Montreal 4505 Notre-Dame Street West, Montreal	Bilingual	To be determined	Free
Art therapy	Virtual	Zoom	Bilingual	Tuesdays, 6:30-8:30 p.m. September 20 to December 6	Free
				Thursdays 10 a.m. to 12 p.m. September 22 to December 8	
Weekly groups – Support and information	In person	Alzheimer Society of Montreal 4505 Notre-Dame Street West, Montreal	French	Fridays 2-4 p.m. October 21 st to December 2 nd , with the exception of November 11 th	\$60 per six-week session
			English	Tuesdays 1-3 p.m. November 8 to December 13	
	Virtual	Zoom	French	Tuesdays, 6:30-8:30 p.m. September 20 to October 25	
			English	Wednesdays 9:30-11:30 a.m. October 5 to November 9	

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2022 Schedule	Cost
				September 2022 to June 2023	
Monthly support groups	Virtual	Zoom Alzheimer Society of Montreal 4505 Notre-Dame Street West, Montreal,	French	4 ^e Monday of the month: 1:30 to 3:30 p.m.	\$60
			English	2 nd Thursday of the month 4 to 6 p.m.	
		Zoom CLSC Olivier Guimond 5810 Sherbrooke Street East, Montreal	French	4 ^e Tuesday of the month 1:30 to 3:30 p.m.	
				4 ^e Wednesday of the month 7–9 p.m.	
		Zoom CHSLD Bayview 27 Lakeshore Drive, Pointe-Claire	English	1 st Monday of the month 7 to 9 p.m.	
				1 st Wednesday of the month 7 to 9 p.m.	
		Zoom Zoom Group	French	1 st Monday of the month 1:30 to 3:30 p.m.	
			English	1 st Thursday of the month 6 to 8 p.m.	

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS					
Activity	Format	Location	Language	2022 Schedule	Cost
Individual consultations	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal,	Bilingual	Upon request	Free
Art therapy	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal,	Bilingual	Mondays, 10 to 11:30 a.m. September 12 to December 19	\$60 for a six-month session.
				Mondays 1:30 to 3 p.m. September 12 to December 19	
	Virtual	Zoom	Bilingual	Fridays 10 to 11:30 a.m. September 2 nd to December 16	

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS					
Activity	Format	Location	Language	2022 Schedule	Cost
At-home respite and stimulation program	In person	At home	Bilingual	Upon request	Based on income
Saturday activity centres	In person	The Alzheimer Society of Montreal has three activity centres located in Ahuntsic, Lachine and Centre-South.	Bilingual	Every Saturday	\$20 per Saturday
Permanent Activity Centre of the Alzheimer Society of Montreal	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Schedule during weekdays, upon request	For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca
Laughter yoga	Virtual	Zoom	Bilingual	Mondays 10:30 to 11:30 a.m. September 26 to December 19	Free
Creative Dance with Les Grands Ballets Canadiens	In person	1435 de Bleury Street 4 th floor, Montreal	Bilingual	Wednesdays 2 to 3 p.m. September 21 st to December 21 st	Free
Art Links with the Montreal Museum of Fine Arts	In person	Montreal Museum of Fine Arts, 2200 Crescent Street, Montreal	Bilingual	3 rd Friday of the month 2 to 4 p.m. September 16, October 21 st , November 18 and December 16	Free
Tales and Travels	In person and virtual	Westmount Public Library 4574 Sherbrooke Street West, Montreal and Zoom	Bilingual	Tuesdays 1 to 1:45 p.m. November 15 to December 13 Tuesdays 2:15 to 3 p.m. September 13 to October 11, 2022	Free for members of the Westmount Public Library.

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS					
Activity	Description	Format	Location	Language	Cost
PUBLIC LECTURES	LECTURE 1: WHAT YOU SHOULD KNOW ABOUT ALZHEIMER'S DISEASE	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal, Quebec	French	The Alzheimer Society of Montreal offers lectures for \$150 (administration fee only) to groups from non-profit organizations (a minimum fee is required for private organizations).
	LECTURE 2: AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES				
	LECTURE 3: VISITING SOMEONE WITH ALZHEIMER'S: WHAT YOU SHOULD KNOW				
	LECTURE 4: CARING FOR THE CAREGIVER				
	LECTURE 5: AMBIGUOUS LOSS				

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS					
Activity	Description	Format	Location	Language	2022 Schedule
For more information and to register for our workshops and training sessions, contact our educational department: 514-369-0800 education@alzheimermontreal.ca					
Workshops for healthcare professionals	MODULE 1: UNDERSTANDING ALZHEIMER'S DISEASE AND NEUROCOGNITIVE DISORDERS	Virtual	Zoom	French	Wednesday, October 5 1:30 to 4:30 p.m.
		In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal, Quebec	English	Tuesday, October 4 9 a.m. to 12 p.m.
				French	Wednesday, October 5 9 a.m. to 12:30 p.m.
	MODULE 2: MEMORY FOOTPRINTS	Virtual	Zoom	French	Wednesday, October 12 1:30 to 4:30 p.m.
		In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal, Quebec	English	Tuesday, October 11 9 a.m. to 12 p.m.
				French	Wednesday, October 12 9 a.m. to 12:30 p.m.
	MODULE 3: COMMUNICATION IN ACTION	Virtual	Zoom	French	Wednesday, October 19 1:30 to 4:30 p.m.
		In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal, Quebec	English	Tuesday, October 18 9 a.m. to 12 p.m.
				French	Wednesday, October 19 9 a.m. to 12:30 p.m.
	MODULE 4: DAILY LIVING WITH ALZHEIMER'S DISEASE – ROUTINES AND ACTIVITIES	Virtual	Zoom	French	Wednesday, October 26 1:30 to 4:30 p.m.
		In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal, Quebec	English	Tuesday, October 25 9 a.m. to 12 p.m.
				French	Wednesday, October 26 9 a.m. to 12:30 p.m.
	MODULE 5 (ADVANCED TRAINING): INTIMACY, SEXUALITY AND COGNITIVE DISORDERS	Virtual	Zoom	French	Wednesday, November 2 nd 1:30 to 4:30 p.m.
		In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal, Quebec	English	Tuesday, November 1 st 9 a.m. to 12 p.m.
				French	Wednesday, November 2 nd 9 a.m. to 12:30 p.m.

SUMMARY TABLES OF ACTIVITIES

SERVICES FOR ALL					
Activity	Format	Location	Language	2022 Schedule	Cost
Guided yoga and relaxation	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Thursdays 10:30 to 11:15 a.m. September 15 to December 15	Free
Exposition et vernissage		In person Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal		Wednesday October 12 5 to 7 p.m.	
My Cognitive Health		Could your community benefit from tools for raising awareness on maintaining cognitive health? Please contact us at: info@alzheimermontreal.ca For more information, visit www.instagram.com/masantecognitive			
Annual Barclay Family Colloquium		An educational event promoting learning and sharing of cutting-edge information in the fields of aging and neurocognitive disorders – January 2023			
MEMO Evening		A networking event for the benefit of the Alzheimer Society of Montreal attended by Montreal's business community – September 21, 2022.			
IG Wealth Management Walk for Alzheimer's		A national awareness event held in May in over 250 communities – Sunday, May 28, 2023. REGISTER HERE: https://www.imakeanonlinedonation.org/socalzh/campaign/marche/participants/subscribe?OrgName=socalzh&CampaignName=marche			
Hector "Toe" Blake Celebrity Golf Tournament		A sports-filled day with Montreal Canadiens alumni – September 1, 2022.			