

## Welcome to The Mid-Scarborough Hub – Open House

Welcome to your new home in Scarborough for Alzheimer's and dementia support programs, education, brain health and wellness. The Alzheimer Society Mid-Scarborough Hub is a partnership between Alzheimer Society Toronto and Scarborough Centre for Healthy Communities.

Join us for our open house week of events to learn more about the programs, services, and workshops that Alzheimer Society Toronto offers. Light refreshments will be served.

### WEDNESDAY, NOVEMBER 30

#### 10:00 – 11:15 AM - Meaningful Activities Workshop

This workshop will help care partners of a person living with dementia in mid-to-late stages to develop and participate in meaningful activities.

#### 11:15 – 11:30 AM - DAC Study Overview

Are you concerned about your memory? 65 years or older? Has Your memory changed significantly in past year? You may be eligible to participate in a research study!

#### 11:30 AM – 12:30 PM - Care Navigation and Social Work Presentation

Join us for a presentation overview of Care Navigation and Social Work services, feel free to ask our staff questions throughout.

#### 12:30 – 1:30 PM - Information Table + Social Work and Care Navigation Q&A

Drop in to ask your questions about our programs and services.

#### 1:30 – 2:15 PM - East End Friends Program

Join us for a demonstration of our weekly social recreation drop-in group with an ever-changing variety of program offerings that span across a wholistic spectrum of wellness. Come meet others in your community!

#### 2:30 – 4:00 PM - Art Series

Join us for an Art Series demonstration with artist-facilitator, Kathleen Downie using a range of art making approaches including watercolour, drawing, sculpting and mixed media.

### THURSDAY, DECEMBER 1

#### 11:00 AM – 2:00 PM - Music Project Clinic

In this Music Project Clinic, you will give us 5 of your favorite songs and we will show you how music can take you back to significant periods in your life that will have you smiling and maybe even showing us a dance move or two.

#### 2:00 – 3:00 PM - Non-Impact Aerobics

Join us for a Non-Impact Aerobics (Nia) demonstration with Jennifer Hicks! Nia uses easy to follow movements to build strength and flexibility while conditioning your bodies. This program will be seated throughout the duration of the class.

#### 3:30 – 4:30 PM - Brain Health Workshop

In this workshop you will learn risk factors of Alzheimer's disease and dementia, and strategies to improve and maintain the health of the brain.

### FRIDAY, DECEMBER 2



#### ACTIVE MINDS CLUB

Adult Day Program for People Living with Young Onset Dementia

#### 10:00 AM – 12:00 PM - Active Minds Club - Young Onset Dementia Adult Day Program

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The Active Minds Club offers an inclusive, age-appropriate space while extending respite opportunities for caregivers. This program is uniquely designed for individuals living with Young Onset Dementia (a form of dementia before the age of 65 years) or Mild Cognitive Impairment. Join us to see the Active Minds Club in action. Check out the space, meet the staff and engage in the program!

### WEDNESDAY, DECEMBER 7

#### 3:00 – 4:30 PM - Ribbon Cutting Ceremony

Join AST and Scarborough Centre for Healthy Communities CEO's, Board Members, Staff and Friends of the organizations as we celebrate the grand opening of our new shared community space.

## Alzheimer Society Toronto - Mid-Scarborough Hub at 2658 Eglinton Avenue East

Register for our Open House at the following links:

WEDNESDAY, NOV 30: <https://alz.to/event/alzheimer-society-toronto-mid-scarborough-hub-open-house/>

THURSDAY, DEC 1: <https://alz.to/event/alzheimer-society-toronto-mid-scarborough-hub-open-house-2/>

FRIDAY, DEC 2: <https://alz.to/event/active-minds-club-young-onset-adult-day-program-open-house/>

For more information, please contact Katie Whitley, Community Recreation Manager at [kwhitley@alz.to](mailto:kwhitley@alz.to)