

December 2025

décembre 2025



www.DementiaHelp.ca

The
**Dementia
Society**
Ottawa and Renfrew County



La
**Société de la
démence**
Ottawa et comté de Renfrew



December 2025 | décembre 2025

Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Musical Connections: Arabian Tunes - in Arabic	Wednesday December 3 6:00pm - 8:00pm	Virtual Event	Learn More
Arts and Minds: Create with Paint	Fridays December 5 and 12 10:30am - 12:00pm	In-person	Learn More
Let's Get Moving with Bea Alt	Tuesdays December 2, 9, 16, and 23 1:00pm - 2:00pm	Virtual Event	Learn More
Anne and the Joyful Sound Ottawa Choir	Tuesdays December 2 and 9 10:30am - 12:00pm	In-person	Learn More
Joyful Sound Ottawa Choir Concert	December 3, 5, 9, 12, and 23 11:30am - 1:30pm	In-person	Learn More

To register, click on the activity on the page, or visit: DementiaHelp.ca/activities or DementiaHelp.ca/education

Pour vous inscrire, cliquez sur l'activité sur la page, ou visitez le site DementiaHelp.ca/fr/activities/ ou DementiaHelp.ca/fr/education





December 2025 | décembre 2025

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Name of the Event	Date and Time	Program Format	Registration
Daisy on the Go in Renfrew County	December 3, 5, 9, 12, and 23 11:30am - 1:30pm	In-person	Learn More
Turquoise Virtual with Sid	Mondays December 1, 8, 15, and 22 10:30am - 12:00pm	Virtual Event	Learn More
Turquoise Live with Sid	Tuesdays December 2 and 9 1:30pm - 2:30pm	In-person	Learn More
Music and Movement	Mondays December 1, 8, 15, and 22 10:30am - 11:30am	In-person	Learn More
Brunch Club	Tuesday December 2 10:00am - 12:00pm	In-person	Learn More

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Name of the Event	Date and Time	Program Format	Registration
Connect with Art: SPARK!	Tuesday December 2 1:30pm - 3:00pm	In-person event	Learn More
Connect with Art: SPARK!@Home	Monday December 8 1:00pm - 2:00pm	Virtual event	Learn More
Interagir avec L'art: RAYOND'ART	mardi 16 décembre 13h30 - 15h00	Événement en personne	Apprendre Plus
Interagir avec L'art: RAYOND'ART à la maison	lundi 22 décembre 13h00 - 14h00	Événement virtuel	Apprendre Plus

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In-Person Caregiver Support Groups

Groupe de soutien pour proches aidants en personne

Name of the Event	Date and Time	Program Format	Registration
Groupe soutien pour proches aidants à Orléans	mardi 2 décembre 10h00 à 12h00	Événement en personne	Apprendre Plus
In-Person Support Group in Kanata	Friday December 12 10:00am - 12:00pm	In-person	Learn More
In-Person Support Group at The Dementia Society Centre	Wednesday December 17 10:00am - 12:00pm	In-person	Learn More

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Virtual Caregiver Support Groups

Groupe de soutien pour proches aidants virtuels

Name of the Event	Date and Time	Program Format	Registration
Caregiver Support Group: Tuesdays	Tuesdays December 2, 9, 16, and 23 10:00am - 12:00pm	Virtual Event	Learn More
Caregiver Support Group: Wednesdays	Wednesday December 3 6:30pm - 8:30pm	Virtual Event	Learn More
Caregiver Support Group: Thursdays	Thursdays December 4, 11, and 18 1:00pm - 3:00pm	Virtual Event	Learn More
Long Term Care & Retirement Home Support Group	Wednesday December 10 2:00pm - 3:30pm	Virtual Event	Learn More
Young Caregiver Virtual Support Group	Thursday December 18 6:30pm - 8:30pm	Virtual Event	Learn More

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Renfrew County Support Groups

Groupes de soutien du comté de Renfrew

Name of the Event	Date and Time	Program Format	Registration
Deep River Memory Café	Wednesday December 3 10:30am - 12:00pm	In-person	Learn More
Renfrew Coffee Club	Thursday December 4 10:00am - 12:00pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday December 9 10:30am - 12:00pm	In-person	Learn More

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