

January 2026

janvier 2026



www.DementiaHelp.ca

The
**Dementia
Society**
Ottawa and Renfrew County



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



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Educational & Social Programs | Programmes éducatifs et sociaux

Name of the Event	Date and Time	Program Format	Registration
Alzheimer's Awareness Month: Updates on Alzheimer's Disease	Thursday January 29 5:00pm - 6:00pm	In-person	Learn More
Turquoise Virtual with Sid	Mondays 10:30am - 12:00pm	Virtual Event	Learn More
Let's Get Moving with Bea Alt	Tuesdays 1:00pm - 2:00pm	Virtual Event	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





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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Brunch Club	Tuesday January 6 10:00am - 12:00pm	In-person	Learn More
Musical Connections: Arabian Tunes - in Arabic	Wednesday January 7 6:00pm - 8:00pm	Virtual Event	Learn More
Daisy on the Go in Renfrew County	Wednesday January 21 Friday January 30	In-person	Learn More

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Connect with Art: SPARK!@Home	Monday January 12 1:00pm - 2:00pm	Virtual event	Learn More
Interagir avec L'art: RAYOND'ART à la maison	lundi 26 janvier 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 6 janvier 10h00 à 12h00	Événement en personne	Apprendre Plus
In-Person Support Group in Kanata	Friday January 16 10:00am - 12:00pm	In-person	Learn More
In-Person Support Group at The Dementia Society Centre	Wednesday January 21 10:00am - 12:00pm	In-person	Learn More
Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday November 27 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 10:00am - 12:00pm	Virtual Event	Learn More
Caregiver Support Group: Wednesdays	Wednesday January 14, and 28 6:30pm - 8:30pm	Virtual Event	Learn More
Caregiver Support Group: Thursdays	Thursdays 1:00pm - 3:00pm	Virtual Event	Learn More
Long Term Care & Retirement Home Support Group	Wednesday January 14 2:00pm - 3:30pm	Virtual Event	Learn More
Young Caregiver Virtual Support Group	Thursday January 22 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
Renfrew Coffee Club	Thursday January 8 10:00am - 12:00pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday January 13 10:30am - 12:00pm	In-person	Learn More
Arnprior Coffee Club	Tuesday January 27 10:30am - 12:00pm	In-person	Learn More
Marianhill Caregiver Support Group in Pembroke	Wednesday January 21 10:30am - 12:00pm	In-person	Learn More

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