

September 2026

septembre 2026



Sunday September 20

10 a.m. to 1 p.m.

dimanche le 20 septembre

10h00 à 13h00



The Dementia Society Centre
Le centre de la Société de la démence
2327 Blvd. St. Laurent Blvd., Ottawa



The
Dementia Society

Ottawa and Renfrew County



La
Société de la démence

Ottawa et comté de Renfrew

www.DementiaHelp.ca/walk

www.SoutienDemence.ca/marche



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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Music and Movement	Mondays 10:00am - 10:50am and 11:10am - 12:00pm no class Monday September 7 th and 14 th	In-person	Learn More
Let's Get Moving with Bea Alt	Tuesdays 1:00pm - 2:00pm	Virtual	Learn More
Arabian Tunes - in Arabic	Wednesday September 2 nd 6:00pm - 8:00pm	Virtual	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 September 8 th 10:00am - 12:00pm	In-person	Learn More
Turquoise <u>Live</u> with Sid	Tuesday August 25 th 2:00pm-3:00pm	In-Person	Learn More
Connect with Obie	Book a 45 minute session on our website!	In-person	Learn More

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Social Programs | Programmes sociaux

Name of the Event	Date and Time	Program Format	Registration
Daisy Café	Thursday September 3 rd and 17 th	In-person	Learn More
Café Marguerite	jeudi 10 et 24 septembre 13h00 à 15h00	En-personne	Apprendre Plus
Daisy on the Go in Renfrew County	Friday September 18 th and 25 th	In-person	Learn More

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Ottawa 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	lundi septembre 21 10h00 à 12h00	En-personne	Apprendre Plus
In-Person Support Group in Kanata	Friday September 4 th 10:00am - 11:30am	In-person	Learn More
In-Person Support Group at The Dementia Society Centre	Wednesday September 16 th 10:00am - 11:30am	In-person	Learn More
In-Person Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday September 24 th 10:00am - 11:30am	In-person	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 September 3 rd 10:30am - 12:00pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday September 8 th 10:30am - 12:00pm	In-person	Learn More
Marianhill Caregiver Support Group in Pembroke	Wednesday September 16 th 10:30am - 12:00pm	In-person	Learn More
Arnprior Coffee Club	Tuesday September 29 th 10:30am - 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	Learn More
Caregiver Support Group: Wednesdays	Wednesday September 9 th and 23 rd 6:30pm - 8:30pm	Virtual	Learn More
Caregiver Support Group: Thursdays	Thursdays 1:00pm - 3:00pm	Virtual	Learn More

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Special Topics Virtual Caregiver Support Groups

Groupe de soutien pour proches aidants virtuels sujets spéciaux

Name of the Event	Date and Time	Program Format	Registration
Long Term Care & Retirement Home - Virtual Support Group	Wednesday September 9 th 2:00pm - 3:30pm	Virtual	Learn More
Between Us - Virtual Support Group	Wednesday September 16 th 6:30pm - 8:30pm	Virtual	Learn More
Young Caregiver - Virtual Support Group	Thursday September 17 th 6:30pm - 8:30pm	Virtual	Learn More

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