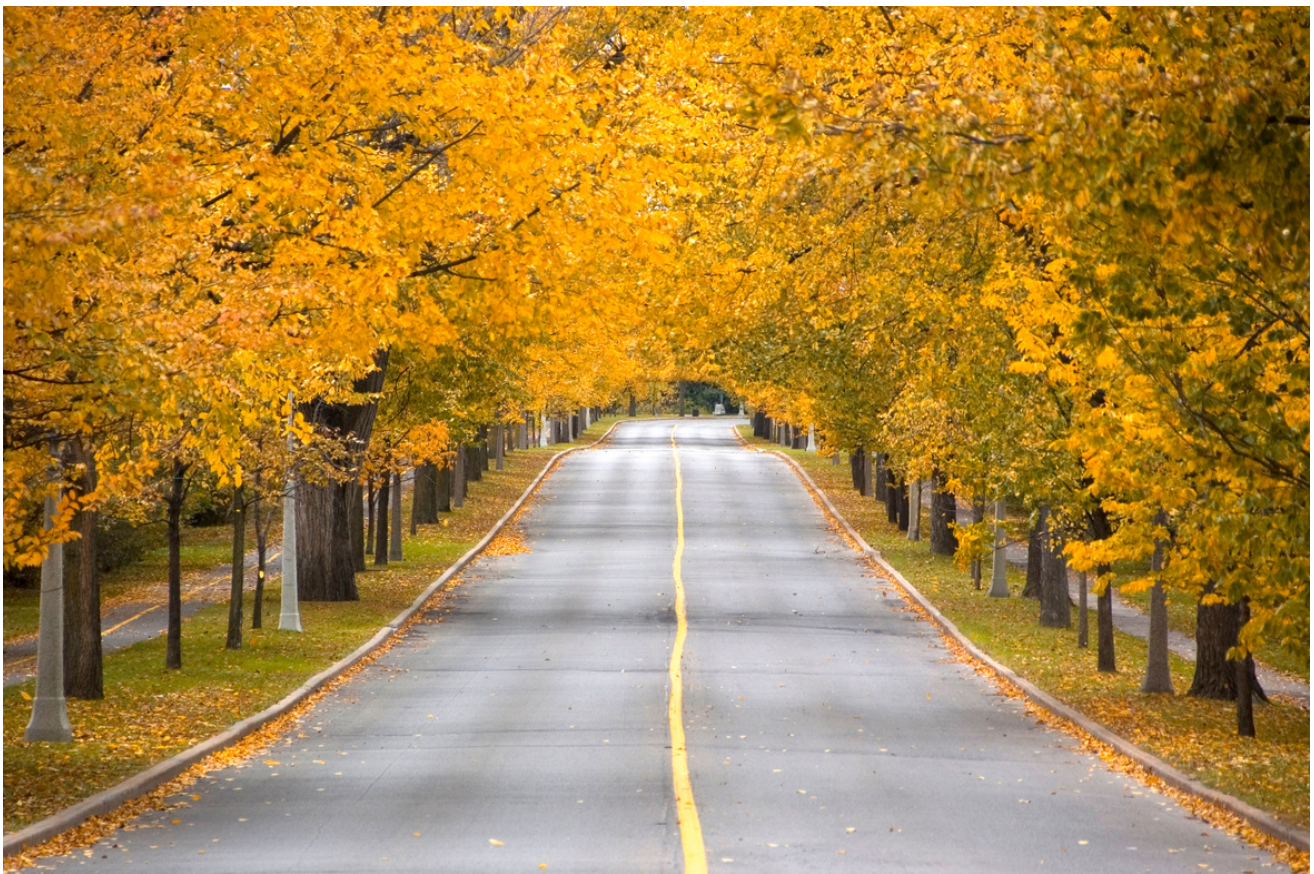


October 2026

octobre 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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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 October 12th	In-person	Learn More
Let's Get Moving with Bea Alt	Tuesdays 1:00pm - 2:00pm	Virtual	Learn More
Turquoise <u>Virtual</u> with Sid	Mondays 10:30am - 11:30pm no session Monday October 12th	Virtual	Learn More
Le Lunch	jeudi 15 octobre 12h30 à 14h00	En-personne	Apprendre Plus

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 October 6 th 10:00am - 12:00pm	In-person	Learn More
Arabian Tunes - in Arabic	Wednesday Ocotober 7 th 6:00pm - 8:00pm	Virtual	Learn More
Interagir avec L'art: RAYON D'ART	mardi 20 octobre 13h30 à 15h00	En-personne	Apprendre Plus
Connect with Art: SPARK!	Tuesday October 6 th 1:30pm - 3:00pm	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 October 1 st and 15 th 1:00pm - 3:00pm	In-person	Learn More
Daisy on the Go in Renfrew County	Friday October 2 nd , 16 th , 23 rd , 30 th and Thursday October 7 th	In-person	Learn More
Café Marguerite	jeudi 8 et 22 octobre 13h00 à 15h00	En-personne	Apprendre Plus
Connect with Obie	Book a 45 minute session on our website!	In-person	Learn More

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Ottawa Support Groups

Groupes de soutien et de rencontres à Ottawa

Name of the Event	Date and Time	Program Format	Registration
Kanata Coffee Club	Friday October 2nd 10:00am - 11:30am	In-person	Learn More
Caregiver Support Group in Kanata	Wednesday October 7th 10:00am - 11:30am	In-person	Learn More
The Dementia Society Centre Coffee Club	Wednesday October 21 st 10:00am - 11:30am	In-person	Learn More
Caregiver Support Group at The Dementia Society Centre	Thursday October 8 th 10:00am - 11:30am	In-person	Learn More
Caregiver Support Group at the Aline-Chrétien Health Hub in Orléans	Thursday October 22 nd 10:00am - 12:00pm	In-person	Learn More
Groupe soutien pour proches aidants	lundi 19 octobre 10h00 à 12h00	En-personne	Apprendre Plus

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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 October 1 st 10:30am - 12:00pm	In-person	Learn More
Barry's Bay Memory Café	Tuesday October 13 th 10:30am - 12:00pm	In-person	Learn More
Marianhill Caregiver Support Group in Pembroke	Wednesday October 21 st 10:30am - 12:00pm	In-person	Learn More
Arnprior Coffee Club	Tuesday October 27 th 10:30am - 12:00pm	In-person	Learn More

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

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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 October 14 th and 28 th 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 October 14 th 2:00pm - 3:30pm	Virtual	Learn More
Between Us - Virtual Support Group	Wednesday October 21 st 6:30pm - 8:30pm	Virtual	Learn More
Young Caregiver - Virtual Support Group	Thursday October 15 th 6:30pm - 8:30pm	Virtual	Learn More

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