



# THE DUBIN CENTER

Where no one faces dementia alone.

MAY 2026:

## SUPPORT GROUP SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | info@dubincenter.com | 12511 World Plaza Ln Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> <b>10:30</b> General Support Group @ Hope Lutheran Church-Bonita Springs  <b>2:00</b> Zoom General Support Group	<b>28</b> <b>10:00</b> Dementia Caregiver Support Group	<b>29</b> <b>12:00</b> Savvy Support Group	<b>30</b> <b>1:00</b> Dementia Caregiver Support Group	<b>1</b> Walk-Ins Welcome
<b>4</b> <b>2:00</b> Zoom General Support Group  <b>6:30</b> Zoom General Support Group	<b>5</b> <b>10:00</b> Dementia Caregiver Support Group	<b>6</b> <b>10:00</b> Grief Group <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <i>RSVP Required</i>	<b>7</b> <b>10:00</b> Grace Beyond Guilt <b>1:00</b> Dementia Caregiver Support Group	<b>8</b> <b>10:30</b>  BABCOCK RANCH General Support Group <i>RSVP Encouraged</i> <b>2:00</b> Memory Catchers <i>RSVP Required</i>
<b>11</b> <b>2:00</b> Zoom General Support Group	<b>12</b> <b>10:00</b> Dementia Caregiver Support Group	<b>13</b> <b>10:00</b> Men's Support Group <b>12:00</b> Savvy Support Group <b>2:00</b> Early Stage Support Group - <i>Invitation Only</i>	<b>14</b> <b>1:00</b> Dementia Caregiver Support Group	<b>15</b>
<b>18</b> <b>2:00</b> Zoom General Support Group  <b>6:30</b> Zoom General Support Group	<b>19</b> <b>10:00</b> Dementia Caregiver Support Group <b>11:00</b> Arden Courts - General Support Group 	<b>20</b> <b>10:00</b> Zoom Men's Support Group <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <i>RSVP Required</i>	<b>21</b> <b>10:30</b> Zoom FTD Support Group <b>1:00</b> Dementia Caregiver Support Group	<b>22</b> <b>2:00</b> Memory Catchers <i>RSVP Required</i>
<b>25</b>  OFFICE CLOSED	<b>26</b> <b>10:00</b> General Support Group	<b>27</b> <b>10:00</b> Men's Support Group <b>12:00</b> Savvy Support Group <b>2:00</b> Early Stage Support Group - <i>Invitation Only</i>	<b>28</b> <b>1:00</b> Dementia Caregiver Support Group	<b>29</b>

PLEASE SEE REVERSE SIDE FOR THE EDUCATIONAL & SOCIAL ENGAGEMENT SCHEDULE

### IMPORTANT PHONE NUMBERS

EMERGENCIES: 911

SUICIDE/CRISIS: 988

MOBILE CRISIS RESPONSE: 844-395-4432

BASIC NEEDS: 211

DISPATCH HEALTH: 239-322-3434

REUNITE: 239-433-7583 (must be registered)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1 10:00 ZOOM Savvy Express #1 
4 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:45- Out & About* Babcock Ranch RSVP Required 	5 12:30 - 3:30 Savvy Express* #1 	6 2:00 Memory Catchers* RSVP Required	7	8 10:00 ZOOM Savvy Express #2  2:00 Memory Catchers* RSVP Required
11 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	12 12:30 - 3:30 Savvy Express* #2 	13	14 10:30 Bonita Springs Brain Boosters- Bonita Senior Center 	15 10:00 ZOOM Savvy Express #3  11:30- Among Friends Social Hour*
18 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	19 12:30 - 3:30 Savvy Express* #3 	20 2:00 Memory Catchers* RSVP Required	21	22 2:00 Memory Catchers* RSVP Required
25 MEMORIAL DAY OFFICE CLOSED	26	27 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters Lehigh Acres Senior Center 	28 5:30 ZOOM Savvy Express* #1 	29 9:00- Out & About* Sundance Orchids & Bromeliads FULL  16095 S Pebble Ln, Fort Myers, FL 33912

**\*RSVP REQUIRED FOR ALL EDUCATION CLASSES, SOCIAL GATHERINGS & OUTINGS**  
**Brain Boosters does not require RSVP**

### TIPS FOR COMMUNICATING WITH SOMEONE LIVING WITH DEMENTIA

- Use short, simple sentences, speak slowly
- Give them adequate time to process & respond
- Avoid arguing and over-explaining
- Limit complicated choices
- Encourage them to speak for themselves
- Encourage them to join in the conversation