



THE DUBIN CENTER

Where no one faces dementia alone.

SEPTEMBER 2026: SUPPORT GROUP SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | www.DubinCenter.com | info@dubincenter.com

12511 World Plaza Ln., Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 2:00 Zoom Dementia Caregiver Support Group	1 10:00 Dementia Caregiver Support Group	2 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP	3 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	4 10:00 Dementia Caregiver Support Group  Keystone Place at Beachwalk A Life Fulfilling Retirement Community RSVP 239-666-7558
7  LABOR DAY OFFICE CLOSED	8 10:00 Dementia Caregiver Support Group	9 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group RSVP Invitation Only	10 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	11 10:30  BABCOCK RANCH General Support Group RSVP 2:00 Memory Catchers RSVP
14 2:00 Zoom Dementia Caregiver Support Group	15 10:00 Dementia Caregiver Support Group 11:00 Arden Courts -15 for You By appointment  RSVP	16 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP	17 10:00 Zoom FTD Support Group 1:00 Dementia Caregiver Support Group	18
21 2:00 Zoom Dementia Caregiver Support Group 6:30 Zoom Dementia Caregiver Support Group	22 10:00 Dementia Caregiver Support Group	23 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group RSVP Invitation Only	24 10:00 Pawsitive Connections RSVP 1:00 Dementia Caregiver Support Group	25 2:00 Memory Catchers RSVP
28 2:00 Zoom General Support Group	29 10:00 Dementia Caregiver Support Group	30 12:00 Savvy Support Group	OCT 1 10:00 Grace Beyond Guilt 1:00 Dementia Caregiver Support Group	2 10:00 Dementia Caregiver Support Group  Keystone Place at Beachwalk A Life Fulfilling Retirement Community RSVP 239-666-7558

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

REUNITE: 239-433-7583

NON-EMERGENCY: 239-321-7700



UNITED WAY

Lee, Hendry,
and Glades

(must be registered)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	1	2 2:00 Memory Catchers* RSVP	3	4 11:30 Lunch & Learn* - Integrated Wellbeing (nutrition & dementia) RSVP  Integrated WellBeing
7  LABOR DAY OFFICE CLOSED	8 12:30- Savvy Express* #1 RSVP  SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	9	10 5:30 PM- ZOOM Savvy Express* #1 RSVP  SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	11 2:00 Memory Catchers* RSVP
14 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	15 11:30- Among Friends Social Hour* RSVP 12:30- Savvy Express* #2 RSVP  SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	16 2:00 Memory Catchers* RSVP	17 5:30 PM- ZOOM Savvy Express* #2 RSVP  SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	18 10:30- Out & About*: Cape Coral Fire Station Tour Station 9 RSVP 
21 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	22 12:30- Savvy Express* #3 RSVP  SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	23 11:15 Sunshine Villas Brain Boosters 2:30 Lehigh Senior Center Brain Boosters 	24 10:00 Pawsitive Connections RSVP 5:30 PM- ZOOM Savvy Express* #3 RSVP  SAVVY CAREGIVER KNOWLEDGE. SKILLS. MASTERY.	25 2:00 Memory Catchers* RSVP
28 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com	29	30	OCT 1	2

***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