



# THE DUBIN CENTER

Where no one faces dementia alone.

MARCH 2026:

## SUPPORT GROUP SCHEDULE

M-F 9:00 - 4:00 | 239-437-3007 | info@dubincenter.com | 12685 New Brittany Blvd Fort Myers, FL 33907

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>2:00</b> Zoom General Support Group  <b>6:30</b> Zoom General Support Group	<b>3</b> <b>10:00</b> General Support Group	<b>4</b> <b>10:00</b> Grief Group <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <b>RSVP Required</b>	<b>5</b> <b>10:00</b> Zoom bv FTD Support Group <b>10:00</b> Grace Beyond Guilt <b>1:00</b> General Support Group	<b>6</b> Walk-Ins Welcomed
<b>9</b> <b>2:00</b> Zoom General Support Group	<b>10</b> <b>10:00</b> General Support Group	<b>11</b> <b>10:00</b> Men's Support Group <b>12:00</b> Savvy Support Group <b>2:00</b> Early Stage Support Group - <b>Invitation Only</b>	<b>12</b> <b>1:00</b> General Support Group	<b>13</b> <b>10:30</b> ☎ BABCOCK RANCH General Support Group <b>RSVP Encouraged</b> <b>2:00</b> Memory Catchers <b>RSVP Required</b>
<b>16</b> <b>2:00</b> Zoom General Support Group <b>6:30</b> Zoom General Support Group	<b>17</b> <b>10:00</b> General Support Group <b>11:00</b> Arden Courts - General Support Group 	<b>18</b> <b>10:00</b> Zoom Men's Support Group <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <b>RSVP Required</b>	<b>19</b> <b>10:30</b> Zoom FTD Support Group <b>1:00</b> General Support Group	<b>20</b>
<b>23</b> <b>10:30</b> General Support Group @ Hope Lutheran Church-Bonita Springs  <b>2:00</b> Zoom General Support Group	<b>24</b> <b>10:00</b> General Support Group	<b>25</b> <b>10:00</b> Men's Support Group <b>12:00</b> Savvy Support Group <b>2:00</b> Early Stage Support Group - <b>Invitation Only</b>	<b>26</b> <b>1:00</b> General Support Group	<b>27</b> <b>2:00</b> Memory Catchers <b>RSVP Required</b>
<b>30</b> <b>2:00</b> Zoom General Support Group	<b>31</b> <b>10:00</b> General Support Group	<b>APRIL 1</b> <b>10:00</b> Grief Group <b>12:00</b> Savvy Support Group <b>2:00</b> Memory Catchers <b>RSVP Required</b>	<b>2</b> <b>10:00</b> Zoom bv FTD Support Group <b>10:00</b> Grace Beyond Guilt <b>1:00</b> General Support Group	<b>3</b> Walk-Ins Welcome

PLEASE SEE REVERSE SIDE FOR THE EDUCATIONAL & SOCIAL ENGAGEMENT SCHEDULE

### IMPORTANT PHONE NUMBERS

EMERGENCIES: 911

SUICID/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
<b>2</b> <b>15 For You!</b> - Phone Call with Social Worker - Schedule on DubinCenter.Com	<b>3</b>	<b>4</b> <b>2:00 Memory Catchers*</b> <b>RSVP Required</b>	<b>5</b>	<b>6</b> Walk-Ins Welcomed
<b>9</b> <b>15 For You!</b> - Phone Call with Social Worker - Schedule on DubinCenter.Com	<b>10</b> <b>1:00 Savvy Advanced* #1</b> 	<b>11</b>	<b>12</b> <b>10:30 Bonita Springs Brain Boosters-</b>  <b>5:30 ZOOM Savvy Express* #1</b> 	<b>13</b> <b>2:00 Memory Catchers*</b> <b>RSVP Required</b>
<b>16</b> <b>15 For You!</b> - Phone Call with Social Worker - Schedule on DubinCenter.Com <b>10:30- Out &amp; About*</b> Railroad Museum of South Florida  7330 Gladiolus Dr, Fort Myers, FL 33907	<b>17</b> <b>1:00 Savvy Advanced* #2</b> 	<b>18</b> <b>2:00 Memory Catchers*</b> <b>RSVP Required</b>	<b>19</b> <b>5:30 ZOOM Savvy Express* #2</b> 	<b>20</b> <b>11:30- Among Friends Social Hour*</b>
<b>23</b> <b>15 For You!</b> - Phone Call with Social Worker - Schedule on DubinCenter.Com	<b>24</b> <b>1:00 Savvy Advanced* #3</b> 	<b>25</b> <b>11:15 Sunshine Villas Brain Boosters</b> <b>2:30 Lehigh Senior Center Brain Boosters</b> 	<b>26</b> <b>5:30 ZOOM Savvy Express* #3</b> 	<b>27</b> <b>2:00 Memory Catchers*</b> <b>RSVP Required</b>
<b>30</b> <b>15 For You!</b> - Phone Call with Social Worker - Schedule on DubinCenter.Com	<b>31</b> <b>1:00 Savvy Advanced* #4</b> 	<b>APRIL 1</b> <b>2:00 Memory Catchers*</b> <b>RSVP Required</b>	<b>2</b>	<b>3</b> <b>10:00 - 1:00 Savvy Express* #1</b> 

**\*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