

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2021



I'm walking for my grandparents

walkforalzheimers.ca




I'm walking for my friend

walkforalzheimers.ca

Walk Your Way Any Day in May!



May Day

Minds in Motion on 2 Mondays now will be hosted by the Peterborough Chapter featuring a yoga session to follow!

Minds in Motion with Yoga
10am

Men's Peer Group
8:30 am

Minds in Motion
10am

Caregiver cafe
1:30 pm

Caregiving in the Facility Caregiver Support 10:00 am

Circle Of Friends
1:30 pm

Cinco de Mayo

Minds in Motion
10am

Musical Memories
2:00 pm (Mari V)

Friendly Fridays at the Chit Chat 1:00
email: Noreen Peters noreenpeters@cogeco.ca



I'm walking for my mom

walkforalzheimers.ca



I'm walking for my brother

walkforalzheimers.ca

Minds in Motion with Yoga
10am

Men's Peer Group 8:30 am

Minds in Motion
10am

Caregiver cafe 1:30 pm

Caregiver Evening Chat 7:00 pm

Ladies Peer Support Group
9:00 am

Circle Of Friends
1:30 pm

Minds in Motion
10am

Musical Memories
2:00 pm (Jay Franco)

11 am Armchair Travelogue Thailand

Friendly Fridays at the Chit Chat 1:00

You still have time to register for the Walk!

Armed Forces Day



I'm walking for my myself

walkforalzheimers.ca

Minds in Motion with Yoga
10am

Men's Peer Group
8:30 am

Minds in Motion
10am

Caregiver cafe
1:30 pm

Ladies Peer Support Group
9:00 am

Sydenham Support Group 1:30

Circle Of Friends
1:30 pm

Minds in Motion
10am

Men's Caregiver Group 10 am

Musical Memories
2:00 pm (Michael Meyers)

Matinee Movie "HOOK" 1:30

Friendly Fridays at the Chit Chat 1:00



I'm walking for my mentor

walkforalzheimers.ca

LEGEND:
BLUE: Caregiver Support Groups
GREEN: Special Event
RED: Groups for persons living with a diagnosis



Men's Peer Group
8:30 am

Minds in Motion
10am

Caregiver cafe 1:30 pm

Ladies Peer Support Group
9:00 am

Circle Of Friends
1:30 pm

Minds in Motion
10am

Musical Memories
2:00 pm (Glenn Reid)

11 am Armchair Travelogue Andelucia - Spain

Friendly Fridays at the Chit Chat 1:00



I'm walking for you

walkforalzheimers.ca

Alzheimer Canada Walk Wrap Up Broadcast 4 pm Watch 4 details!

Minds in Motion with Yoga
10am

Memorial Day

ALZHEIMER'S SOCIETY OF KFL&A,
400 Elliot Ave. Unit 4, Kingston, ON
K7M 6M9, 613-544-3078

To join the activities/register - click on the activity/event title!
Sign up for the Kingston Walk or the Lennox and Addington Walk [here](#)