

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



#TogetherApart Club

for more information call 705-748-5131
or email info@alzheimerjourney.ca

July 2021

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	<p>All PKLNH 10am on Zoom: https://zoom.us/j/93027840781 All PKLNH 2pm on Zoom: https://zoom.us/j/96964146804</p>			1 No program Happy Canada Day!	2 No program	3
4	5 10am <u>MIM Yoga and Exercise</u> with Jenn and Jen W	6 10am <u>MIM with Jenn and Allison</u> 2pm <u>Brain Activities</u> with Sara and Susan	7 10am <u>Minds in Motion</u> with Jenn and Allison	8 2 pm <u>Musical Memories</u>	9 11am <u>Armchair Travelogue.</u>	10
11	12 10am <u>MIM Yoga and Exercise</u> with Jenn and Jen 2pm <u>Caregiver Coffee</u> with Jo and Jenn	13 10am <u>MIM with Jenn and Allison</u> 2pm <u>Brain Activities</u> with Jo and Susan	14 10am <u>Minds in Motion</u> with Jenn and Allison	15 10am <u>Advanced Care Planning</u> with guest Anne Marie 2 pm <u>Musical Memories</u>	16 No program	17
18	19 10am <u>MIM Yoga and Exercise</u> with Jenn and Jen W	20 10am <u>MIM with Jenn and Allison</u> 2pm <u>Brain Activities</u> Meagan and Susan	21 10am <u>Minds in Motion</u> with Jenn and Allison	22 2 pm <u>Musical Memories</u>	23 11am- <u>Armchair Travelogue</u> 2pm <u>Book club</u> with Jenn and Jo	24
25	26 10am <u>MIM Yoga and Exercise</u> with Jenn and Jen W	27 10am <u>MIM with J & A</u> 2pm <u>Brain Activities</u> with Jennifer G and Susan	28 10am <u>Minds in Motion</u> with Jenn and Allison	29 2 pm <u>Musical Memories</u>	30 No Program	31

Armchair Travelogue Sarnia Alzheimer Society **Fridays 11am:** <https://zoom.us/j/91838601408>

Musical Memories Thursdays 2pm: <https://alheimersociety.zoom.us/j/92858339938?pwd=eUdMZEpYUE9rV1RhbmxBMjNiYTJCUT09>