

# Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON



Fondation  
Trillium  
de l'Ontario

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



United Way  
Northumberland

## #TogetherApart Club

for more information call 705-748-5131

or email [info@alzheimerjourney.ca](mailto:info@alzheimerjourney.ca)

## June 2021

| SUN.      | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SAT.      |
|-----------|--|--|--|---|--|-----------|
|           |  | <b>1</b><br><b>10 am</b> <u>MIM with Jenn</u> and Allison<br><b>2pm</b> <u>Brain Activities</u> with Jen and Jo      | <b>2</b><br><b>10am</b><br><u>Minds in Motion</u> with Jenn and Allison  | <b>3</b><br><b>10am</b><br><u>MIM with J&amp;A</u><br><b>2 pm</b><br><u>Musical Memories</u>  | <b>4</b><br><b>No program</b>  | <b>5</b>  |
| <b>6</b>  | <b>7</b><br><b>10am</b><br><u>MIM Yoga and Exercise</u> with Jenn and Jen W  | <b>8</b><br><b>10am</b> <u>MIM with Jenn</u> and Allison<br><b>2pm</b> <u>Brain Activities</u> with Meagan and       | <b>9</b><br><b>10am</b><br><u>Minds in Motion</u> with Jenn and Allison  | <b>10</b><br><b>10am</b><br><u>MIM with J&amp;A</u><br><b>2 pm</b><br><u>Musical Memories</u>   | <b>11</b><br><b>11am</b><br><u>Armchair Travelogue.</u>  | <b>12</b> |
| <b>13</b> | <b>14</b><br><b>10am</b><br><u>MIM Yoga and Exercise</u><br><br><b>2pm</b> <u>Caregiver Coffee</u> with Jo and Susan | <b>15</b><br><b>10am</b> <u>MIM with Jenn</u> and Allison<br><b>2pm</b> <u>Brain Activities</u>                      | <b>16</b><br><b>10am</b><br><u>Minds in Motion</u> with Jenn and Allison | <b>17</b><br><b>10am</b><br><u>MIM with J&amp;A</u><br><b>2 pm</b><br><u>Musical Memories</u> with Jo   | <b>18</b><br><b>No program</b>   | <b>19</b> |
| <b>20</b> | <b>21</b><br><b>10am</b><br><u>MIM Yoga and Exercise</u> with Jenn and Jen W   | <b>22</b><br><b>10am</b> <u>MIM with Jenn</u> and Allison<br><b>2pm</b> <u>Brain Activities</u> with Jen G and Susan | <b>23</b><br><b>10am</b><br><u>Minds in Motion</u> with Jenn and Allison | <b>24</b><br><b>10am</b> <u>MIM with J&amp;A</u><br><b>2 pm</b><br><u>Musical Memories</u> with Jen G   | <b>25</b><br><b>11am-</b> <u>Armchair Travelogue</u><br><b>2pm</b> <u>Book club with Ally, Jenn and Jo</u> | <b>26</b> |
| <b>27</b> | <b>28</b><br><b>10am</b><br><u>MIM Yoga and Exercise</u> with Jenn and Jen W   | <b>29</b><br><b>10am</b> <u>MIM with Jenn</u> & A<br><b>2pm</b> <u>Brain Activities</u> Meagan and Susan             | <b>30</b><br><b>10am</b><br><u>Minds in Motion</u> with Jenn and Allison | All PKLNH <b>10 a m</b> on Zoom: <a href="https://zoom.us/j/93027840781">https://zoom.us/j/93027840781</a><br>All PKLNH <b>2 p m</b> on Zoom: <a href="https://zoom.us/j/96964146804">https://zoom.us/j/96964146804</a> |  |           |

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

**Musical Memories Thursdays 2pm:** <https://alzhimersociety.zoom.us/j/92858339938?pwd=eUdMZpYUE9rV1RhbmxBMjNiYTJCUT09>