

# Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

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## #TogetherApart Club

for more information call 705-748-5131

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

# November 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>1</b> <u>10am</u> MIM Yoga and Exercise with Jenn and Jen W	<b>2</b> <u>2pm</u> Brain Games Talia and Susan	<b>3</b> No program	<b>4</b> <u>2pm</u> Musical Memories	<b>5</b> No program	<b>6</b>
<b>7</b>	<b>8</b> <u>10am</u> MIM Yoga and Exercise with Jenn and Jen W	<b>9</b> <u>2pm</u> Brain Games Allie and Susan	<b>10</b> No program	<b>11</b> <u>2pm</u> Musical Memories	<b>12</b> <u>11am</u> Armchair Travelogue with Sarnia AS	<b>13</b>
<b>14</b>	<b>15</b> <u>10am</u> MIM Yoga and Exercise with Jenn and Jen W	<b>16</b> <u>2pm</u> Brain Games Sara and Susan	<b>17</b> No program	<b>18</b> <u>2 pm</u> Musical Memories	<b>19</b> No program	<b>20</b>
<b>21</b>	<b>22</b> <u>10am</u> MIM Yoga and Exercise with Jenn and Jen W <u>2pm</u> Care Partner Coffee with Jo and Casev	<b>23</b> <u>2pm</u> Brain Games Kris and Susan	<b>24</b> No program	<b>25</b> <u>2 pm</u> Musical memories	<b>26</b> <u>11am</u> Armchair Travelogue Sarnia AS	<b>27</b>
<b>28</b>	<b>29</b> <u>10am</u> MIM Yoga and Exercise with Jenn and Jen W	<b>30</b> <u>2pm</u> Brain Games With Jennifer G and Meagan				

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

**Musical Memories Thursdays 2pm:** <https://alzhimersociety.zoom.us/j/92858339938?pwd=eUdMZFPYUE9rV1RhbmxBMjNiYTJCUT09>

ASPCLNH 10am Programs: <https://us06web.zoom.us/j/93027840781>

ASPCLNH 2PM Programs: <https://us06web.zoom.us/j/96964146804>