## Program Schedule



## NOVEMBER 2022

|      | Minds in Motion (Lindsay)  © 10am to noon  © See p. 19 for info                | <b>♥</b> Kawartha Lakes |  |
|------|--|-------------------------|--|
| TUES | Minds in Motion (Haliburton)   | <b>♀</b> Haliburton     |  |
| NOV  | (§ 1:30pm to 3:30  | Vialibalton             |  |
| 1    | Caregiver Support Group (Lindsay)  | <b>♥</b> Kawartha Lakes |  |
|      | ① 1pm to 2:30pm ① See p. 6 for info  |                         |  |
| WED  | Minds in Motion (Cobourg)  | <b>♥</b> Northumberland |  |
|      | (a) 10am to 12pm (b) See p. 19 for info  | <b>♀</b> Peterborough   |  |
| NOV  | Young Onset Day Program  © 10am to 2pm  © See p. 20 for info                   | • Teterborough          |  |
| 2    | Minds in Motion (Port Hope)  ① 1pm to 3pm  ① See p. 19 for info                | <b>♥</b> Northumberland |  |
|      | Young Onset Day Program (Lindsay)  | <b>♥</b> Kawartha Lakes |  |
| THU  | © 10am to 2pm See p. 20 for info   | • (Nawaitila Eakes)     |  |
| NOV  | Minds in Motion  | <b>♀</b> Online         |  |
| NOV  | ① 10am to 11:30  |                         |  |
| 3    | Caregiver Support Group Virtual  | <b>♀</b> Online         |  |
|      | ① 1pm to 2:30  |                         |  |
|      | Minds in Motion  | <b>♀</b> Online         |  |
| MON  | ① 10am to 11am ② See p. 19 for info  | V Cimile                |  |
| NOV  | Minds in Motion  | <b>♀</b> Peterborough   |  |
| 7    |  |                         |  |
|      |  |                         |  |
| TUE  | Education: Understanding Ambiguous Loss © 10:30am                              | s & Grief ♥ Online      |  |
| NOV  | Contact: Sarah Cook, sarah@alzheimerjourney.ca<br>Phone: 705-748-5131 ext. 222 |                         |  |
| 8    | Tuesday Nov 8 continues on next page   |                         |  |

## Alzheimer Society

|        | PETERS                                  | OROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTO |
|--------|---|--|
| cont'd | Minds in Motion (Bobcaygeon)            | <b>♥</b> Kawartha Lakes                            |
| TUES   | ◯ 10am to 12pm ☐ See p. 19 for info     |  |
| NOV    | Minds in Motion (Haliburton)            | <b>♀</b> Haliburton                                |
| 0      | (1:30pm to 3:30) See p. 19 for info     |  |
| 8      | Caregiver Support Group (Havelock)      | <b>♀</b> Havelock                                  |
|        | 🔾 1:30pm to 3pm 🔲 See p. 6 for info     |  |
|        |   |  |
|        | Minds in Motion (Cobourg)               | <b>◊</b> Northumberland                            |
| WED    | (1) 10am to 12pm (1) See p. 19 for info |  |
|        | Young Onset Day Program (Peterborough)  | <b>♀</b> Peterborough                              |
| NOV    | ① 10am to 2pm                           |  |
| 9      | Minds in Motion (Port Hope)             | <b>♦</b> Northumberland                            |
|        | ① 1pm to 3pm                            |  |
|        |   |  |
|        | Young Onset Day Program (Lindsay)       | <b>◊</b> Kawartha Lakes                            |
| THU    | ⊙ 10am to 2pm ☐ See p. 20 for info      |  |
| NOV    | Minds in Motion                         | <b>⊘</b> Online                                    |
| 10     | ① 10am to 11:30                         |  |
| 10     | Caregiver Support Group (Bobcaygeon)    | ⟨Kawartha Lakes⟩                                   |
|        | 10:30am to 12 See p. 6 for info         |  |
|        |   |  |
|        |   |  |
|        | Minds in Motion                         | <b>⊘</b> Online                                    |
| MON    | (1) 10am to 11am (1) See p. 19 for info |  |
| NOV    | Minds in Motion (Peterborough)          | <b>♀</b> Peterborough                              |
| 14     | ① 1pm to 3pm                            |  |
| 14     | Caregiver Support Group (Haliburton)    | <b>♀</b> Haliburton                                |
|        | () 1:30pm to 3 (1) See p. 6 for info    |  |



|       | Minds in Motion (Bobcaygeon)  © 10am to 12pm  © See p. 19 for info   | <b>∇</b> Kawartha Lakes |
|-------|--|-------------------------|
|       | Caregiver Support Group (Lindsay)  | <b>∇</b> Kawartha Lakes |
| TUES  | ① 1pm to 2:30pm See p. 6 for info  |                         |
| N10\/ | Minds in Motion (Haliburton)   | <b>♀</b> Haliburton     |
| NOV   | () 1:30pm to 3:30 () See p. 19 for info  |                         |
| 15    | Caregiver Support Group-evening  | Online                  |
|       | ⊕ 6:30pm to 8     ☐ See p. 6 for info  |                         |
|       | Education: Cold Weather Safety Tips (3) 10:30am Contact: Sarah Cook, sarah@alzheimerjourney Phone: 705-748-5131 ext. 222 | <b>♥</b> Online         |
|       | Minds in Motion (Cobourg)  | O Nowthy york and an a  |
|       | (3 10am to 12pm (3 See p. 19 for info  | <b>♦</b> Northumberland |
| WED   |  |                         |
| NIOV  | Minds in Motion (Port Hope)  | Northumberland          |
| NOV   | ① 1pm to 3pm ① See p. 19 for info  |                         |
| 16    | Young Onset Day Program (Peterborough)   | Peterborough            |
| 10    | ○ 10am to 2pm  |                         |
|       |  |                         |
|       | Minds in Motion  | <b>♥</b> Online         |
| THU   | © 10am to 11:30 See p. 19 for info   | • Peterborough          |
| NOV   | Caregiver Support Group  | Peterborough            |
| NOV   | () 1pm to 2:30pm () See p. 6 for info  | <b>∇</b> Kawartha Lakes |
| 17    | Young Onset Day Program (Lindsay) (3) 10am to 2pm (3) See p. 20 for info   | Rawaitha Lakes          |
|       |  | <b>♀</b> Peterborough   |
|       | Minds in Motion (Peterborough)  ① 1pm to 3pm  ① See p. 19 for info   |                         |
|       | 3ee μ. 19 101 IIII0  |                         |
|       | Minds in Motion  | <b>⊘</b> Online         |
| MON   | 🔾 10am to 11am 🛮 🗓 See p. 19 for info  |                         |
| NOV   | Minds in Motion (Peterborough)   | <b>♀</b> Peterborough   |
|       |  |                         |
| 21    | Caregiver Support Group (Fenelon Falls)  | <b>♥</b> Kawartha Lakes |
|       | () 1pm to 2:30pm () See p. 6 for info  |                         |



|      | Education: Preparing for the Holidays © 10:30am                                | <b>Q</b> | Online                 |
|------|--|----------|------------------------|
| TUES | Contact: Sarah Cook, sarah@alzheimerjourney.ca<br>Phone: 705-748-5131 ext. 222 |          |                        |
| NOV  | Minds in Motion (Bobcaygeon)   | 8        | Kawartha Lakes         |
| 1101 | 🔾 10am to 12pm 🔲 See p. 19 for info  |          |                        |
| 22   | Caregiver Support Group (Omemee)  © 10am to 11:30am  See p. 6 for info         | <b>₽</b> | Kawartha Lakes         |
|      | Minds in Motion (Haliburton) () 1:30pm to 3:30                                 | <b>♀</b> | Haliburton             |
|      | Minds in Motion (Cobourg)  | <b>Q</b> | Northumberland         |
| WED  | ○ 10am to 12pm ○ See p. 19 for info  |          |                        |
| NOV  | Young Onset Day Program (Peterborough) (3) 10am to 2pm (3) See p. 20 for info  | <b>Q</b> | Peterborough           |
| 23   | Minds in Motion (Port Hope)  | <b>₽</b> | Northumberland         |
|      | (1) 1pm to 3pm (1) See p. 19 for info  |          |                        |
|      | Minds in Motion (3) 10am to 11:30 (3) See p. 19 for info                       | <b>Q</b> | Online                 |
| THU  | Young Onset Day Program (Lindsay)  © 10am to 2pm  See p. 20 for info           | <b>Q</b> | Kawartha Lakes         |
| NOV  | Caregiver Support Group (Ptbo)   | •        | Peterborough           |
| INOV | () 10:30am to 12   |          |                        |
|      | Caregiver Support Group (Northumberland)                                       | 9        | Northumberland         |
| 24   | () 1:30pm to 3 (1) See p. 19 for info  |          |                        |
| 2-   | Minds in Motion (Peterborough)   | 0        | Peterborough           |
|      | ① 1pm to 3pm ① See p. 19 for info  |          | -                      |
| MON  | Minds in Motion  | <b>Q</b> | Online                 |
| MON  | (1) 10am to 11am (1) See p. 19 for info  |          |                        |
| NOV  | Minds in Motion  | <b>₽</b> | Peterborough           |
|      | () 1pm to 3pm () See p. 19 for info  | 0        |                        |
| 28   | Caregiver Support Group () 10:30am to 12                                       | 9        | Peterborough           |
|      | Ο 10.30dH to 12  |          |                        |
|      | Caregiver Support Group (Lindsay)  | 9        | Kawartha Lakes         |
| TUES | ① 1pm to 2:30 See p. 6 for info  | 0        | Managaritha and and an |
| NOV/ | Minds in Motion (Bobcaygeon)   | <b>V</b> | Kawartha Lakes         |
| NOV  | O 10am to 12pm See p. 19 for info  | •        | ا مادمان ما ما         |
| 20   | Caregiver Support Group (Lakefield)  | •        | Lakefield              |
| 29   | () 10am to 11:30 () See p. 6 for info  | 9        | Haliburton             |
|      | Minds in Motion (Haliburton)  (3) 1:30 pm to 3:30                              | •        | Tidibutton             |



## DECEMBER 2022

|                     | Minds in Motion (Cobourg)   | Northumberland          |
|---------------------|---|-------------------------|
|                     | ① 10am to 12pm ① See p. 19 for info   |                         |
| WED                 | Young Onset Day Program   | <b>♀</b> Peterborough   |
| NOV                 | ◯ 10am to 2pm ☐ See p. 20 for info  |                         |
| 30                  | Minds in Motion (Port Hope)   | <b>◊</b> Northumberland |
|                     | ① 1pm to 3pm ① See p. 19 for info   |                         |
|                     | Minds in Motion   | <b>♀</b> Online         |
| <del>-</del> 1.11.1 | ① 10am to 11:30   | V Omine                 |
| THU                 | Young Onset Day Program (Lindsay)   | <b>◊</b> Kawartha Lakes |
| DEC                 | ◯ 10am to 2pm ☐ See p. 20 for info  |                         |
| 1                   | Caregiver Support Group (Peterborough)                                      | <b>⊘</b> Online         |
| ı                   | ① 1pm to 2:30pm   |                         |
|                     | Minds in Motion (Peterborough)  | <b>♀</b> Peterborough   |
|                     | ① 1pm to 3pm  |                         |
| MON                 | Minds in Motion   | <b>♀</b> Online         |
| DEC                 | O 10am to 11pm  ☐ See p. 19 for info  |                         |
|                     | Minds in Motion (Peterborough)  | Peterborough            |
| 5                   | ① 1pm to 3pm ① See p. 19 for info   |                         |
|                     | Minds in Motion (Bobcaygeon)  | <b>♥</b> Kawartha Lakes |
| TUES                | 🔾 10am to 12pm 🔑 See p. 19 for info   | ,                       |
| DEC                 | Minds in Motion (Haliburton)  | <b>♀</b> Haliburton     |
|                     | (3) 1:30pm to 3:30 (1) See p. 19 for info                                   |                         |
| 6                   | Caregiver Support Group (Lindsay)   |                         |
|                     | ○ 1pm to 2:30   |                         |
|                     |   |                         |
| WED                 | Minds in Motion (Cobourg)   | <b>◊</b> Northumberland |
| DEC                 | ○ 10am to 12pm See p. 19 for info   | O Dataula augusula      |
| DEC                 | Young Onset Day Program (Peterborough)  © 10am to 2pm  © See p. 20 for info | <b>♀</b> Peterborough   |
| 7                   | Minds in Motion (Port Hope)   | <b>♀</b> Northumberland |
|                     | (2) 1pm to 3pm (2) See p. 19 for info                                       | ▼ Northumberiana        |



|      | Young Onset Day                     | Program (Lindsay)                           | <b>♥</b> Kawartha Lakes |
|------|-------------------------------------|---|-------------------------|
| THU  | () 10am to 2pm                      | See p. 20 for info                          |                         |
|      | Minds in Motion                     |   | <b>♥</b> Online         |
| DEC  | () 10am to 11:30                    | See p. 19 for info                          |                         |
| DLO  | Caregiver Support                   | : Group (Bobcaygeon)                        |                         |
| 0    | () 10:30am to 12pm                  | See p. 6 for info                           |                         |
| 8    | Minds in Motion (F<br>© 1pm to 3pm  | Peterborough)  [[]] See p. 19 for info      | <b>♀</b> Peterborough   |
| MON  | Minds in Motion () 10am to 11pm     | See p. 19 for info                          | Online                  |
| DEC  | Caregiver Suppor<br>③ 1:30pm to 3pm | t Group (Haliburton)  []] See p. 6 for info | <b>♀</b> Haliburton     |
| 12   | Minds in Motion (I                  | Peterborough)                               | O Datarbaraugh          |
|      | ① 1pm to 3pm                        | See p. 19 for info                          | Peterborough            |
|      |                                     |   |                         |
| TUES | Minds in Motion (E                  | Bobcaygeon)                                 |                         |
| TUES | () 10am to 12pm                     | See p. 19 for info                          |                         |
| DEC  | Minds in Motion (Haliburton)        |   | <b>♀</b> Haliburton     |
| DLO  | () 1:30pm to 3:30                   | See p. 19 for info                          |                         |
| 13   | Caregiver Support                   | : Group (Havelock)                          | <b>Q</b> Havelock       |
|      | () 1:30pm to 3pm                    | See p. 6 for info                           |                         |
|      | Minds in Motion (                   | Cobourg)                                    | <b>♀</b> Northumberland |
| WED  | () 10am to 12pm                     | See p. 19 for info                          |                         |
| DEC  | Young Onset Day                     | Program (Peterborough)                      | <b>♀</b> Peterborough   |
| DEC  | () 10am to 2pm                      | See p. 20 for info                          | • Crossing reagan       |
| 14   | Minds in Motion (I                  | -   | <b>◊</b> Northumberland |
| 14   | () 1pm to 3pm                       | • '   | Northumbendia           |
|      | () ipini to spini                   | See p. 19 for info                          |                         |
|      | Minds in Motion                     |   | Online                  |
| THU  | () 10am to 11:30                    | See p. 19 for info                          |                         |
|      | Young Onset Day                     | Program (Lindsay)                           | <b>♥</b> Kawartha Lakes |
| DEC  | () 10am to 2pm                      | See p. 20 for info                          |                         |
|      | Caregiver Suppor                    | t Group (Peterborough)                      | <b>♀</b> Peterborough   |
| 15   | ① 1pm to 2:30                       | See p. 6 for info                           | <b>♀</b> Peterborough   |
|      | Minds in Motion                     | 10 f · f                                    | ▼ Telefbolougil         |
|      | 🕓 1pm to 3pm                        | 🔟 See p. 19 for info                        |                         |



|                  | NA. 1 . NA  |                         |
|------------------|---|-------------------------|
| MON              | Minds in Motion ① 10am to 11am  ① See p. 19 for info                            | Online                  |
| DEC              | Caregiver Support Group (Fenelon Falls) 1pm to 2:30pm                           | <b>♦</b> Kawartha Lakes |
| 19               | Minds in Motion (Peterborough)  © 1pm to 3pm  See p. 19 for info                | <b>♀</b> Peterborough   |
| TUE              | Caregiver Support Group (Lindsay)  O 1pm to 2:30  Line See p. 6 for info        | <b>♥</b> Kawartha Lakes |
| DEC              | <u> </u>  | Online                  |
| 20               | Caregiver Support Group - evening   | Online                  |
| 20               | ○ 6:30 pm to 8  |                         |
| WED<br>DEC<br>21 | Young Onset Day Program (Peterborough)  (1) 10am to 2pm  (2) See p. 20 for info | Peterborough            |
|                  | Minds in Motion () 10am to 11:30  See p. 19 for info                            | <b>♀</b> Online         |
| THU              | Caregiver Support Group  (3) 10:30am to 12pm  (4) See p. 6 for info             | <b>♀</b> Peterborough   |
| DEC              | Caregiver Support Group  () 1:30pm to 3pm  (i) See p. 6 for info                | <b>♥</b> Northumberland |
| 22               | Young Onset Day Program (Lindsay)  © 10am to 2pm  © See p. 20 for info          | <b>♥</b> Kawartha Lakes |
|                  | Minds in Motion (Peterborough)  | Peterborough            |
|                  | ① 1pm to 3pm ② See p. 19 for info   |                         |

For more information about these programs, refer to your program guide or contact us at 705-748-5131 / 1-800-561-2588 or by email at info@alzheimerjourney.ca.