

Program Schedule

NOVEMBER 2022

TUES NOV 1	Minds in Motion (Lindsay) 🕒 10am to noon 📖 See p. 19 for info	📍 Kawartha Lakes
	Minds in Motion (Haliburton) 🕒 1:30pm to 3:30 📖 See p. 19 for info	📍 Haliburton
WED NOV 2	Caregiver Support Group (Lindsay) 🕒 1pm to 2:30pm 📖 See p. 6 for info	📍 Kawartha Lakes
	Minds in Motion (Cobourg) 🕒 10am to 12pm 📖 See p. 19 for info	📍 Northumberland
THU NOV 3	Young Onset Day Program 🕒 10am to 2pm 📖 See p. 20 for info	📍 Peterborough
	Minds in Motion (Port Hope) 🕒 1pm to 3pm 📖 See p. 19 for info	📍 Northumberland
MON NOV 7	Young Onset Day Program (Lindsay) 🕒 10am to 2pm 📖 See p. 20 for info	📍 Kawartha Lakes
	Minds in Motion 🕒 10am to 11:30 📖 See p. 19 for info	📍 Online
TUE NOV 8	Caregiver Support Group Virtual 🕒 1pm to 2:30 📖 See p. 6 for info	📍 Online
	Minds in Motion 🕒 10am to 11am 📖 See p. 19 for info	📍 Online
	Minds in Motion 🕒 1pm to 3pm 📖 See p. 19 for info	📍 Peterborough
	Education: Understanding Ambiguous Loss & Grief 🕒 10:30am Contact: Sarah Cook, sarah@alzheimerjourney.ca Phone: 705-748-5131 ext. 222	📍 Online
Tuesday Nov 8 continues on next page		

cont'd

TUES

NOV

8

Minds in Motion (Bobcaygeon)

🕒 10am to 12pm 📖 See p. 19 for info

Minds in Motion (Haliburton)

🕒 1:30pm to 3:30 📖 See p. 19 for info

Caregiver Support Group (Havelock)

🕒 1:30pm to 3pm 📖 See p. 6 for info

📍 Kawartha Lakes

📍 Haliburton

📍 Havelock

WED

NOV

9

Minds in Motion (Cobourg)

🕒 10am to 12pm 📖 See p. 19 for info

Young Onset Day Program (Peterborough)

🕒 10am to 2pm 📖 See p. 20 for info

Minds in Motion (Port Hope)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Northumberland

📍 Peterborough

📍 Northumberland

THU

NOV

10

Young Onset Day Program (Lindsay)

🕒 10am to 2pm 📖 See p. 20 for info

Minds in Motion

🕒 10am to 11:30 📖 See p. 19 for info

Caregiver Support Group (Bobcaygeon)

🕒 10:30am to 12 📖 See p. 6 for info

📍 Kawartha Lakes

📍 Online

📍 Kawartha Lakes

MON

NOV

14

Minds in Motion

🕒 10am to 11am 📖 See p. 19 for info

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

Caregiver Support Group (Haliburton)

🕒 1:30pm to 3 📖 See p. 6 for info

📍 Online

📍 Peterborough

📍 Haliburton

TUES
NOV
15

Minds in Motion (Bobcaygeon)

🕒 10am to 12pm 📖 See p. 19 for info

📍 **Kawartha Lakes**

Caregiver Support Group (Lindsay)

🕒 1pm to 2:30pm 📖 See p. 6 for info

📍 **Kawartha Lakes**

Minds in Motion (Haliburton)

🕒 1:30pm to 3:30 📖 See p. 19 for info

📍 **Haliburton**

Caregiver Support Group-evening

🕒 6:30pm to 8 📖 See p. 6 for info

📍 **Online**

Education: Cold Weather Safety Tips

🕒 10:30am

📍 **Online**

Contact: Sarah Cook, sarah@alzheimersjourney.ca

Phone: 705-748-5131 ext. 222

WED
NOV
16

Minds in Motion (Cobourg)

🕒 10am to 12pm 📖 See p. 19 for info

📍 **Northumberland**

Minds in Motion (Port Hope)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 **Northumberland**

Young Onset Day Program (Peterborough)

🕒 10am to 2pm 📖 See p. 20 for info

📍 **Peterborough**

Minds in Motion

🕒 10am to 11:30 📖 See p. 19 for info

📍 **Online**

Caregiver Support Group

🕒 1pm to 2:30pm 📖 See p. 6 for info

📍 **Peterborough**

Young Onset Day Program (Lindsay)

🕒 10am to 2pm 📖 See p. 20 for info

📍 **Kawartha Lakes**

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 **Peterborough**

THU
NOV
17

MON
NOV
21

Minds in Motion

🕒 10am to 11am 📖 See p. 19 for info

📍 **Online**

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 **Peterborough**

Caregiver Support Group (Fenelon Falls)

🕒 1pm to 2:30pm 📖 See p. 6 for info

📍 **Kawartha Lakes**

TUES

NOV

22

Education: Preparing for the Holidays

🕒 10:30am

Contact: Sarah Cook, sarah@alzheimersociety.ca
Phone: 705-748-5131 ext. 222

Minds in Motion (Bobcaygeon)

🕒 10am to 12pm 📖 See p. 19 for info

Caregiver Support Group (Omeme)

🕒 10am to 11:30am 📖 See p. 6 for info

Minds in Motion (Haliburton)

🕒 1:30pm to 3:30 📖 See p. 19 for info

📍 Online

📍 Kawartha Lakes

📍 Kawartha Lakes

📍 Haliburton

WED

NOV

23

Minds in Motion (Cobourg)

🕒 10am to 12pm 📖 See p. 19 for info

Young Onset Day Program (Peterborough)

🕒 10am to 2pm 📖 See p. 20 for info

Minds in Motion (Port Hope)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Northumberland

📍 Peterborough

📍 Northumberland

Minds in Motion

🕒 10am to 11:30 📖 See p. 19 for info

Young Onset Day Program (Lindsay)

🕒 10am to 2pm 📖 See p. 20 for info

Caregiver Support Group (Ptbo)

🕒 10:30am to 12 📖 See p. 19 for info

Caregiver Support Group (Northumberland)

🕒 1:30pm to 3 📖 See p. 19 for info

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Online

📍 Kawartha Lakes

📍 Peterborough

📍 Northumberland

📍 Peterborough

THU

NOV

24

Minds in Motion

🕒 10am to 11am 📖 See p. 19 for info

Minds in Motion

🕒 1pm to 3pm 📖 See p. 19 for info

Caregiver Support Group

🕒 10:30am to 12 📖 See p. 6 for info

📍 Online

📍 Peterborough

📍 Peterborough

MON

NOV

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Caregiver Support Group (Lindsay)

🕒 1pm to 2:30 📖 See p. 6 for info

Minds in Motion (Bobcaygeon)

🕒 10am to 12pm 📖 See p. 19 for info

Caregiver Support Group (Lakefield)

🕒 10am to 11:30 📖 See p. 6 for info

Minds in Motion (Haliburton)

🕒 1:30pm to 3:30 📖 See p. 19 for info

📍 Kawartha Lakes

📍 Kawartha Lakes

📍 Lakefield

📍 Haliburton

TUES

NOV

29

DECEMBER 2022

	Minds in Motion (Cobourg)	📍 Northumberland
	🕒 10am to 12pm 📖 See p. 19 for info	
WED	Young Onset Day Program	📍 Peterborough
NOV	🕒 10am to 2pm 📖 See p. 20 for info	
30	Minds in Motion (Port Hope)	📍 Northumberland
	🕒 1pm to 3pm 📖 See p. 19 for info	
	Minds in Motion	📍 Online
	🕒 10am to 11:30 📖 See p. 19 for info	
THU	Young Onset Day Program (Lindsay)	📍 Kawartha Lakes
DEC	🕒 10am to 2pm 📖 See p. 20 for info	
1	Caregiver Support Group (Peterborough)	📍 Online
	🕒 1pm to 2:30pm 📖 See p. 6 for info	
	Minds in Motion (Peterborough)	📍 Peterborough
	🕒 1pm to 3pm 📖 See p. 19 for info	
MON	Minds in Motion	📍 Online
DEC	🕒 10am to 11pm 📖 See p. 19 for info	
5	Minds in Motion (Peterborough)	📍 Peterborough
	🕒 1pm to 3pm 📖 See p. 19 for info	
	Minds in Motion (Bobcaygeon)	📍 Kawartha Lakes
TUES	🕒 10am to 12pm 📖 See p. 19 for info	
DEC	Minds in Motion (Haliburton)	📍 Haliburton
6	🕒 1:30pm to 3:30 📖 See p. 19 for info	
	Caregiver Support Group (Lindsay)	📍 Kawartha Lakes
	🕒 1pm to 2:30 📖 See p. 6 for info	
	Minds in Motion (Cobourg)	📍 Northumberland
WED	🕒 10am to 12pm 📖 See p. 19 for info	
DEC	Young Onset Day Program (Peterborough)	📍 Peterborough
7	🕒 10am to 2pm 📖 See p. 20 for info	
	Minds in Motion (Port Hope)	📍 Northumberland
	🕒 1pm to 3pm 📖 See p. 19 for info	

THU

DEC

8

Young Onset Day Program (Lindsay)

🕒 10am to 2pm 📖 See p. 20 for info

Minds in Motion

🕒 10am to 11:30 📖 See p. 19 for info

Caregiver Support Group (Bobcaygeon)

🕒 10:30am to 12pm 📖 See p. 6 for info

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Kawartha Lakes

📍 Online

📍 Kawartha Lakes

📍 Peterborough

MON

DEC

12

Minds in Motion

🕒 10am to 11pm 📖 See p. 19 for info

Caregiver Support Group (Haliburton)

🕒 1:30pm to 3pm 📖 See p. 6 for info

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Online

📍 Haliburton

📍 Peterborough

TUES

DEC

13

Minds in Motion (Bobcaygeon)

🕒 10am to 12pm 📖 See p. 19 for info

Minds in Motion (Haliburton)

🕒 1:30pm to 3:30 📖 See p. 19 for info

Caregiver Support Group (Havelock)

🕒 1:30pm to 3pm 📖 See p. 6 for info

📍 Kawartha Lakes

📍 Haliburton

📍 Havelock

WED

DEC

14

Minds in Motion (Cobourg)

🕒 10am to 12pm 📖 See p. 19 for info

Young Onset Day Program (Peterborough)

🕒 10am to 2pm 📖 See p. 20 for info

Minds in Motion (Port Hope)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Northumberland

📍 Peterborough

📍 Northumberland

THU

DEC

15

Minds in Motion

🕒 10am to 11:30 📖 See p. 19 for info

Young Onset Day Program (Lindsay)

🕒 10am to 2pm 📖 See p. 20 for info

Caregiver Support Group (Peterborough)

🕒 1pm to 2:30 📖 See p. 6 for info

Minds in Motion

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Online

📍 Kawartha Lakes

📍 Peterborough

📍 Peterborough

MON

DEC

19

Minds in Motion

🕒 10am to 11am 📖 See p. 19 for info

Caregiver Support Group (Fenelon Falls)

1pm to 2:30pm 📖 See p. 6 for info

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Online

📍 Kawartha Lakes

📍 Peterborough

TUE

DEC

20

Caregiver Support Group (Lindsay)

🕒 1pm to 2:30 📖 See p. 6 for info

Caregiver Support Group - evening

🕒 6:30 pm to 8 📖 See p. 6 for info

📍 Kawartha Lakes

📍 Online

WED

DEC

21

Young Onset Day Program (Peterborough)

🕒 10am to 2pm 📖 See p. 20 for info

📍 Peterborough

THU

DEC

22

Minds in Motion

🕒 10am to 11:30 📖 See p. 19 for info

Caregiver Support Group

🕒 10:30am to 12pm 📖 See p. 6 for info

Caregiver Support Group

🕒 1:30pm to 3pm 📖 See p. 6 for info

Young Onset Day Program (Lindsay)

🕒 10am to 2pm 📖 See p. 20 for info

Minds in Motion (Peterborough)

🕒 1pm to 3pm 📖 See p. 19 for info

📍 Online

📍 Peterborough

📍 Northumberland

📍 Kawartha Lakes

📍 Peterborough

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.