

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2021

To join in the activities through zoom, you can click on the activity and it will link you automatically connect you, or type in the Meeting ID number that is found in the program description on the 2nd page.

 <h1>April 2021</h1> <p>To join in the activities through zoom, you can click on the activity and it will link you automatically connect you, or type in the Meeting ID number that is found in the program description on the 2nd page.</p>		1	2	3			
		<p><u>Minds in Motion</u> <u>10am</u></p> <p><u>Musical Memories</u> <u>2pm</u></p> <p>All Fools' Day</p>	OFFICE CLOSED				
 <p>Happy Easter</p> <p><i>I came that they may have life, and have it abundantly.</i></p> <p>Easter Sunday</p>	5	6	7	8	9	10	
	<p><u>Minds in Motion</u> <u>10am</u></p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p>Topical Tuesday – Another Brain Tour 3pm</p>	<p><u>Circle of Friends</u> <u>1:30pm</u> with Kingston AS</p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p><u>Musical Memories</u> <u>2pm</u></p>	<p><u>Armchair</u> <u>Travelogue -</u> <u>Norway</u></p>		
	11	12	13	14	15	16	17
	<p><u>Minds in Motion</u> <u>10am</u></p> <p>Ramadan Begins</p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p>Topical Tuesday – Tips for Personal Care & Everyday Activities 3pm</p>	<p><u>Circle of Friends</u> <u>1:30pm</u> with Kingston AS</p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p><u>Musical Memories</u> <u>2pm</u></p>	<p>Movie Matinee @ 1:30pm “Florence Foster Jenkins”</p>		
	18	19	20	21	22	23	24
	<p><u>Minds in Motion</u> <u>10am</u></p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p>Topical Tuesday – Resources for Care 3pm</p>	<p><u>Inspirational Moments</u> <u>11am</u></p> <p><u>Circle of Friends</u> <u>1:30pm</u> with Kingston AS</p> <p>Bonus Wednesday- 7pm Understanding Dementia & FYW</p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p><u>Musical Memories</u> <u>2pm</u></p> <p>Earth Day</p>	<p><u>Armchair</u> <u>Travelogue -</u> <u>Lost Treasures</u> <u>of Egypt</u></p>		
	25	26	27	28	29	30	
	<p><u>Minds in Motion</u> <u>10am</u></p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p>Topical Tuesday – De-escalation Technique 3pm</p>	<p><u>Circle of Friends</u> <u>1:30pm</u> with Kingston AS</p>	<p><u>Minds in Motion</u> <u>10am</u></p> <p><u>Musical Memories</u> <u>2pm</u></p>	<p>Arbor Day</p>		

Social Activities and Education

Minds in Motion: Monday, Tuesday and Thursday @ 10am

We will be doing the exercise portion of our Minds in Motion each session as well as some Trivia - virtually. The exercise is a mix of cardio, stretch and balance and is 45min in length. **Meeting ID: 966 9366 0340**

Inspirational Moments: 3rd Wednesday @ 11am

We will be taking tours of museums, galleries, and zoos from around the world. Galleries such as Van Gogh and the Museum of Modern Art in New York and the Toronto Zoo are just some of the places we have visited. **Meeting ID: 917 092 06935**

Circle of Friends with Kingston AS: Wednesday's @ 1:30pm

This is a recreation group where we gather and have discussions and enjoy themed events and presentations. This activity is ran through the Kingston Alzheimer Society. **Meeting ID: 940 6174 2313 Passcode 737030**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly. **Meeting ID: 928 5833 9938 Passcode 036639**

Armchair Travelogue: 2nd & 4th Friday @ 11am

Sit back and enjoy travelling around the world from the comfort of your own chair. **Meeting ID: 918 3860 1408**

Movie Matinee Friday, April 16th @ 1:30pm– Florence Foster Jenkins

In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet. **Please register before the 16th to receive the link.**

Topical Tuesday with Christine: via Zoom web-conferencing (by computer or phone)

Tips on Caring for Someone Living with Dementia

Email Christine at cwright@alzheimersarnia.ca to receive information and link on how to attend.

If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be booked.

We ask that you make sure when you participate virtually in exercise programs you take care to create a place that is clutter free and safe for you. Make sure you have proper footwear and the area is clear. Also, please only participate as much as your body feels comfortable – this is intended to be a program to gently move your body – so don't push yourself beyond what feels okay. If you'd rather not participate but want to just be here and watch, that is totally fine too!

Email Vanessa at vbarnes@alzheimersarnia.ca for more information. 420 East St N, Sarnia, ON N7T 6Y5, 519-332-4444 Website: <https://alzheimer.ca/en/sarnialambton>