

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# August 2024

Alzheimer Society of Sarnia Lambton

					1 Virtual MiM 10am-11:30am  TEACH 10am-12pm	2  CARERS 10am-12pm	3
4 Registration opens <b>August 6<sup>th</sup></b> for Minds in Motion Fall sessions. Click <a href="#">here</a> to sign up.	5  <b>CIVIC HOLIDAY OFFICE CLOSED</b>	6 Walking Club Germain Park – East St Entrance 10am  Coping With Change 12:30pm-2:30pm Topical Tuesday Triggers & Traps @ 3pm	7	8 Virtual MiM 10am-11:30am TEACH 10am-12pm Sarnia Care Partner Support Group 1:00pm – 3:00pm Bonus Thursday Brain Changes @ 7pm	9  CARERS 10am-12pm	10	
11	12  Minds in Motion @ Strangway Centre 1:30-3:15 Week 7	13 Walking Club Centennial Park @ Suncor Agora 10am  Coping With Change 12:30pm-2:30pm	14	15 Virtual MiM 10am-11:30am  TEACH 10am-12pm	16 CARERS 10am-12pm  Duc Cruise 12pm-2pm Boarding begins at 11:30am \$20/person Advance Registration Required	17	
18	19  Minds in Motion @ Strangway Centre 1:30-3:15 Week 8	20 Walking Club Canatara Park – Animal Farm parking lot @ 10am  Topical Tuesday Wanting to Go @ 3pm	21  Inspirational Moments @ JNAAG 1:00-3:00  Virtual Care Partner Support Group 2:00pm – 4:00pm	22 Virtual MiM 10am-11:30am  TEACH 10am-12pm	23 CARERS 10am-12pm  Bowling @ Hi-Way Bowl 11:00am \$5/person	24  	
25	26	27 Walking Club Bluewater Bridge 10am  Topical Tuesday Visiting Tips @ 3pm	28  Forest Support Group 10:00am – 12:00pm	29	30	31	

## Social Activities, Support Groups and Education

**Registration is required for all.**

### Minds in Motion

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners.

### Inspirational Moments

The JNAAG is pleased to partner with the Alzheimer Society of Sarnia-Lambton to offer Inspirational Moments. Participants will visit the gallery for an afternoon of art discovery, fun and casual conversation about exhibitions and specific art works. Tours are followed by a hands-on art activity.

### Forget Me Not Social Club:

**Duc Cruise on August 16<sup>th</sup>** – Cost is \$20/person

**Bowling on August 23<sup>rd</sup> at Hi-way Bowling Alley on London Line** – Cost is \$5/person. This includes one game of bowling and shoes.

**Walking Club – Every Tuesday for the Month of August at 10am:** Various places across the city. Please make sure to wear good supportive shoes. Feel free to bring walking poles if you have them.

To register for any of the **Active Living Programs** please email Vanessa at [vbarnes@alzheimersarnia.ca](mailto:vbarnes@alzheimersarnia.ca) or call 519-332-4444 ext 238.

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](mailto:cwright@alzheimersarnia.ca) to receive information and a link on how to attend.

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

### Support Groups

This monthly, in-person support group provides an opportunity for spouses and family members caring for a person living with dementia to meet with common experiences. Through sharing these experiences and concerns they will receive support from the group facilitator and other participants about dementia. The goal of this group is to share personal feelings, increase healthy coping strategies, decrease isolation, and improve awareness about available services at the Alzheimer Society of Sarnia Lambton and in the community.

### TEACH

TEACH takes place over 4 weeks, and each week has a specific theme. This will provide the group with an opportunity to discuss any concerns one might have about the future and how to best prepare for potential upcoming challenges.

### Coping with Change

This group is intended to provide care partners with tools that will help them cope with the ambiguous grief and loss associated with this journey. We address strategies to help care partners reframe their thinking and perspectives, as well as tools to reduce stress, such as mindfulness.

### CARERS

CARERS is a psychoeducation group developed to help care partners for people living with dementia. The purpose of this group is to allow care partners to obtain some education about dementia, connect with other care partners and share their stories, and to improve communication techniques.

To register for the support groups, please call the office or email [info@alzheimersarnia.ca](mailto:info@alzheimersarnia.ca)