

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

Société Alzheimer Society of Sarnia Lambton



1 <b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm <b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM <b>First Link Learning Series 1pm – 3pm</b> <small>Tu B'Shevat Begins</small>	2 <b>Minds in Motion</b> @ Grace United 10am-12pm <b>Coping with Change</b> 12:30pm – 2:30pm <b>Topical Tuesday</b> <i>Resistance to Care</i> @3pm	3 <b>Sarnia Care Partner Support Group 2</b> 10:15am – 12:15pm	4	5	6 <b>DROM &amp; Lunch Group #1</b> Grace United Church 11am-1pm \$7.50/person	7
8 <b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm <b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM <b>First Link Learning Series 1pm – 3pm</b>	9 <b>Minds in Motion</b> @ Grace United 10am-12pm <b>Coping with Change</b> 12:30pm – 2:30pm <b>Topical Tuesday</b> <i>Mirroring: Approach Tip</i> @3pm	10 <b>Wellness Lounge</b> Sip, Stich & Socialize 10am – 12pm	11	12 <b>Sarnia Care Partner Support Group</b> 12:30pm – 2:30pm	13	14 <small>Valentine's Day</small>
15 <b>OFFICE CLOSED FOR FAMILY DAY</b> <small>Presidents' Day (U.S.)</small>	16 <b>Minds in Motion</b> @ Grace United 10am-12pm <b>Coping with Change</b> 12:30pm – 2:30pm <b>Topical Tuesday</b> <i>Lying @3pm</i> <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	17 <b>Inspirational Moments</b> @ JNAAG 1:00-3:00 <b>Virtual Care Partner Support Group</b> 2:00pm – 4:00pm	18	19 <b>MiM Corunna</b> 1:30pm – 3:30pm <b>Bonus Thursday</b> <i>Communication Tips</i> @ 7pm	20 <b>Petrolia Support Group</b> 10am – 12pm <b>CARERS</b> 10:30-12:30pm <b>DROM &amp; Lunch Group #2</b> Grace United Church 11am-1pm \$7.50/person	21
22 <b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm <b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM <b>First Link Learning Series 1pm – 3pm</b>	23 <b>Minds in Motion</b> @ Grace United 10am-12pm <b>Coping with Change</b> 12:30pm – 2:30pm <b>Topical Tuesday</b> <i>Changes in Mood @3pm</i>	24 <b>Wellness Lounge Book Club</b> 10am – 12pm <b>Forest Support Group</b> 10:00am – 11:30am	25	26 <b>MiM Corunna</b> 1:30pm – 3:30pm	27 <b>CARERS</b> 10:30-12:30pm <b>Bowling @ Hi-Way</b> Bowl 11:00am \$6/person	28

## Social Activities, Support Groups and Education

**Advanced Registration is required for all except the Wellness Lounge.**

### 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. **8-week sessions. Cost \$20/participant**

### 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. **Cost \$5/participant**

### Forget Me Not Social Club:

**DROM on Jan. 9th – Group #1, Jan. 16th – Group #2 at Grace United Church** – Cost is **\$7.50/participant**. Includes lunch.

**Bowling on Jan. 23rd - at Hi-way Bowling Alley on London Line** – Cost is **\$6/participant**. This includes one game and shoes.

### Wellness Lounge Drop Ins

**Every Monday** - Care Partner Drop In 10-12pm

**2<sup>nd</sup> Wednesday** – Sip, Stitch & Socialize 10am – 12pm Bring a craft you're working on, whether it's knitting, needlepoint, painting, etc and enjoy the company of others, even learn some new skills

**4<sup>th</sup> Wednesday** – Book Club 10am – 12pm (pre-registration required as there are limited number of books)

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**

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.

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### **Crisis Numbers: In case of an emergency call 911**

We understand that difficult moments can arise, and it's important to know that help is available when you need it. Please keep these numbers on hand, as they are confidential, anonymous, and available 24/7. You're not alone, and reaching out for help is always okay. If you or someone you know needs immediate assistance, please don't hesitate to call.

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

### 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.

### 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.

### First Link Learning Series (FLLS)

The First Link® Learning Series is a four-week program designed for individuals living with dementia and their caregivers. It helps participants better understand the diagnosis, the progression of the disease, how to plan ahead and provides a supportive space to connect with others.

To register for FLLS reach out to [jgall@alzheimersarnia.ca](mailto:jgall@alzheimersarnia.ca) or 519-332-4444 ext. 141

### 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)

Seniors Safety Line: 1-866-299-1011

Elder Abuse Prevention Line: 416-916-6728

CMHA Crisis Line (available 24/7) 519-336-3445/1-800-307-4319

Suicide Prevention Lifeline – 988 (24/7)