

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFFICE CLOSED	2
					New Year's Day	
3	4 <u>Minds in Motion</u> 10am	5 <u>Minds in Motion</u> 10am Topical Tuesday – Care Partner Resolutions @ 3pm	6 <u>Inspirational Moments</u> 11am	7 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	8 <u>Armchair Travelogue</u> 11am	9
10	11 <u>Minds in Motion</u> 10am	12 <u>Minds in Motion</u> 10am Topical Tuesday – Advances in Activation @ 3pm	13	14 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	15	16
17	18 <u>Minds in Motion</u> 10am <small>Martin Luther King Day</small>	19 <u>Minds in Motion</u> 10am Topical Tuesday – Who are you caring for? @ 3pm	20 <u>Inspirational Moments</u> 11am	21 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	22 <u>Armchair Travelogue</u> 11am Movie Afternoon 1:30pm	23
24 <small>Activity Professionals Week</small>	25 <u>Minds in Motion</u> 10am	26 <u>Minds in Motion</u> 10am Topical Tuesday – Care Tips @ 3pm <small>Australia Day (observed)</small>	27 Bonus Wednesday- 7pm Understanding Dementia & FYW	28 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	29	30
31	<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> <p><u>ALL IN PERSON SOCIAL PROGRAMS HAVE BEEN CANCELLED DUE TO COVID-19 LOCKDOWN.</u></p>					

Social Activities and Education

Minds in Motion: Every Monday, Tuesday & 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

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly. **Meeting ID: 636 463 918**

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

Travel to different destinations around the world from the comfort of your own home. Enjoy some videos and stories of places like Denmark and India. **Meeting ID: 918 3860 1408**

Movie Afternoon – More information about the movie will be sent out at a later date after the movie has been chosen. The link for the movie is sent out the morning of, and registration is required prior to.

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>