

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day	2 NO MINDS IN MOTION Topical Tuesday <i>Communication in Tough Situations @ 3pm</i>	3	4 Independence Day (US)	5 DROM & Lunch Grace United Church 11am-1pm \$5/person CARERS 10am-12pm	6
7	8 Minds in Motion @ Strangway Centre 1:30-3:15 Week 3 First Link Learning Series 1pm-3pm	9 Minds in Motion @ Strangway 11:15am-12:15pm Exercise Only COPING WITH CHANGE 12:30pm-2:30pm Topical Tuesday <i>Sensory Changes @ 3pm</i>	10	11 Virtual MiM 10am-11:30am Sarnia Care Partner Support Group 1:00pm – 3:00pm Bonus Thursday Understanding Behaviours @ 7pm	12 Armchair Travelogue @11:00 CARERS 10am-12pm	13
14	15 Minds in Motion @ Strangway Centre 1:30-3:15 Week 4 First Link Learning Series 1pm-3pm	16 Minds in Motion @ Strangway 11:15am-12:15pm Exercise Only COPING WITH CHANGE 12:30pm-2:30pm Topical Tuesday <i>Repetition @ 3pm</i>	17 Inspirational Moments @ JNAAG 1:00-3:00 Virtual Care Partner Support Group 2:00pm – 4:00pm	18 Virtual MiM 10am-11:30am VPP – Sweet Soul Music (Advanced tickets only) @ 2pm	19 Petrolia Support Group 10:00am – 12:00pm CARERS 10am-12pm	20
21	22 Minds in Motion @ Strangway Centre 1:30-3:15 Week 5 First Link Learning Series 1pm-3pm	23 Minds in Motion @ Strangway 11:15am-12:15pm Exercise Only COPING WITH CHANGE 12:30pm-2:30pm	24 Forest Support Group 10:00am – 12:00pm	25 Virtual MiM 10am-11:30am	26 Bowling @ Hi-Way Bowl 11:00am \$5/person CARERS 10am-12pm	27
28	29 Minds in Motion @ Strangway Centre 1:30-3:15 Week 6 First Link Learning Series 1pm-3pm	30 Minds in Motion @ Strangway 11:15am-12:15pm Exercise Only COPING WITH CHANGE 12:30pm-2:30pm Topical Tuesday <i>The Art of Distraction @ 3pm</i>	31	<h1>July 2024</h1> Alzheimer Society Sarnia-Lambton		

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 virtually 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:

DROM on July 5th – Grace United Church from 11am – 1pm Cost is \$5/person.

July 18th – Victoria Playhouse Petrolia – Sweet Soul Music (Advanced Tickets only) 2pm

Bowling on July 26th at Hi-way Bowling Alley on London Line – Cost is \$5/person. This includes one game of bowling and shoes.

Virtual Armchair Travelogue: the 2nd Friday @ 11am - Meeting ID: 847 1237 4081

To register for any of the **Active Living Programs** please email Vanessa at 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 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.

First Link Learning Series

The First Link® Learning Series is a 4-week program designed for individuals living with dementia, and can help participants understand the diagnosis, disease progress, and a space to connect with others.

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.

To register for the support groups, please call the office or email info@alzheimersarnia.ca