

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2022

Alzheimer Society of Sarnia Lambton

			1	2 <u>Minds in Motion- Virtual 10am</u>	3	4
5	6 <u>Minds in Motion</u> Strangway Centre @1:45	7 <u>Minds in Motion</u> Grace United Church @10:00  <u>Topical Tuesday - Conversation Starters</u> @3pm	8	9 <u>Minds in Motion- Virtual 10am</u>	10	11 Shavuot Begins
12	13 <u>Minds in Motion</u> Strangway Centre @1:45	14 <u>Minds in Motion</u> Grace United Church @10:00 <u>Topical Tuesday - Redirection Tips</u> @3pm  Flag Day (US)	15  Inspirational Moments @ JNAAG- 1-3pm	16 <u>Minds in Motion- Virtual 10am</u>	17  <u>Armchair Travelogue</u> @11:00	18
19  HAPPY FATHER'S DAY	20 <u>Minds in Motion</u> Strangway Centre @1:45	21 <u>Minds in Motion</u> Grace United Church @10:00  Summer Begins	22  PICNIC IN THE PARK @ Canatara 11am-1pm \$5 per person *Registration Required	23 <u>Minds in Motion- Virtual 10am</u>	24	25
26	27	28 <u>Minds in Motion</u> Grace United Church @10:00  <u>Topical Tuesday - Healthy Brain</u> @3pm	29 <u>Bonus Wednesday</u> <i>Understanding Dementia and the Finding Your Way Program @7pm</i>	30 <u>Minds in Motion- Virtual 10am</u>	To find more about the programs we offer or to register, email Brooke at <a href="mailto:bsalenbien@alzheimersarnia.ca">bsalenbien@alzheimersarnia.ca</a> Or call 519-332-4444 ext. 234	

## **Social Activities and Education**

### **Minds in Motion-Virtual**

**REGISTRATION REQUIRED.** This session is a part of the research pilot project with the Alzheimer Society of Ontario. Please contact Brooke at [bsalenbien@alzheimersarnia.ca](mailto:bsalenbien@alzheimersarnia.ca) or 519-332-4444 ext. 234 for more information.

**Meeting ID: 966 9366 0340**

### **Minds in Motion-Strangway Centre & Grace United Church**

**REGISTRATION REQUIRED.** Please contact Brooke at [bsalenbien@alzheimersarnia.ca](mailto:bsalenbien@alzheimersarnia.ca) or 519-332-4444 ext. 234 to register.

### **Inspirational Moments**

The Judith & Norman Alix Art Gallery 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. **REGISTRATION REQUIRED.**

### **Forget Me Not Social Club: PICNIC IN THE PARK @ Canatara- Wednesday, June 22<sup>nd</sup> 11am-1pm**

**REGISTRATION REQUIRED.** Come join us for a couple of hours of fun and good food. The Forget Me Not Social events are a great way to meet others in a relaxing environment. We will provide lunch and beverages for all attendees. Contact Brooke to register. \$5 per person. The rain date will be on Friday, June 24<sup>th</sup>.

### **Armchair Travelogue: June 15<sup>th</sup> @ 11am**

Sit back and enjoy travelling around the world from the comfort of your own chair.

**Meeting ID: 918 3860 1408**

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

#### **Tips on Caring for Someone Living with Dementia**

**Bonus Wednesday:** Understanding Dementia & the Finding Your Way program

Email Christine at [cwright@alzheimersarnia.ca](mailto: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 Brooke at [bsalenbien@alzheimersarnia.ca](mailto:bsalenbien@alzheimersarnia.ca) for more information.