

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2024

Alzheimer Society of Sarnia-Lambton

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2	Minds in Motion @ Strangway Centre 1:30-3:15 Week 7	Minds in Motion 4 @ Strangway 11:15am-12:15pm Exercise Only Topical Tuesday How to Help @ 3pm	5	Virtual Minds in Motion 10am-11:30am	DROM & Lunch Grace United Church 11am-1pm \$5/person	7	8
9	10	Minds in Motion 11 @ Strangway 11:15am-12:15pm Exercise Only Topical Tuesday Coping with Care Partner Frustration @ 3pm Shavuot Begins	12	Virtual MiM 13 10am-11:30am Sarnia Care Partner Support Group 1:00pm – 3:00pm Bonus Thursday Understanding Dementia @ 7pm	14	Armchair Travelogue @11:00 Flag Day (US)	15
16	Minds in Motion @ Strangway Centre 1:30-3:15 Week 1 Father's Day	Minds in Motion 18 @ Strangway 11:15am-12:15pm Exercise Only Topical Tuesday Anxiety & Agitation @ 3pm	Inspirational Moments 19 @ JNAAG 1:00-3:00 Virtual Care Partner Support Group 2:00pm – 4:00pm Juneteenth	CARERS Reunion 11am-1pm Summer Begins	Petrolia Support Group 10:00am – 12:00pm Annual Picnic Sarnia Bay Marina 11:30am	21	22
23	Minds in Motion @ Strangway Centre 1:30-3:15 Week 2	Minds in Motion 25 @ Strangway 11:15am-12:15pm Exercise Only Topical Tuesday Meaningful Activities @ 3pm	Forest Support Group 10:00am – 12:00pm	26	Bowling @ Hi-Way Bowl 28 11:00am \$5/person	27	29
30	June 22 nd - Sarnia Saints are hosting London for their Play It Forward game, and proceeds will be donated to the Alzheimer Society June 24 th - Duc D'Orleans Senior Cruise –tickets are available beginning at 8am, with first cruise at 9am						

Social Activities, Support Groups and Education

Registration is required for all Programs.

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. **Group 1 – 2nd Wednesday of the Month Group 2 – 3rd Wednesday of the Month.**

Forget Me Not Social Club:

DROM on June 7th – Grace United Church from 11am – 1pm

DROM will be followed by a luncheon. Cost is \$5/person.!

June 21st – Annual BBQ at Sarnia Bay Marina @ 11:30am, 97 Seaway Road in Sarnia. Cost is \$10/person.

Bowling on June 28th 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.

CARERS Reunion

CARERS reunion is a quarterly meeting with all clients who have attended CARERS group so far.

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