

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Minds in Motion</u> 10am	2 <u>Minds in Motion</u> 10am & 3pm <b>Topical Tuesday –</b> Creating Calm & Connecting 3pm	3 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm	4 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	5	6
7	8 <u>Minds in Motion</u> 10am	9 <u>Minds in Motion</u> 10am & 3pm <b>Topical Tuesday –</b> Coping with Change 3pm	10 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm	11 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	12 <u>Armchair Travelogue –</u> A Swim Through the Coastal Seas	13
14 <small>Daylight Saving Time Begins</small>	15 <u>Minds in Motion</u> 10am	16 <u>Minds in Motion</u> 10am & 3pm <b>Topical Tuesday –</b> Dementia Friendly Environments 3pm	17 <u>Inspirational Moments</u> 11am <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm <small>St. Patrick's Day</small>	18 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	19 Movie Matinee @ 1:30pm Homeward Bound II – Lost in San Francisco	20 <small>Spring Begins</small>
21	22 <u>Minds in Motion</u> 10am	23 <u>Minds in Motion</u> 10am & 3pm <b>Topical Tuesday –</b> The “Keeping Simple” Approach 3pm	24 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm <b>Bonus Wednesday-7pm Understanding Dementia &amp; FYW</b>	25 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	26 <u>Armchair Travelogue –</u> Abu Dhabi	27 <small>Passover Begins</small>
28 <small>Palm Sunday</small>	29 <u>Minds in Motion</u> 10am	30 <u>Minds in Motion</u> 10am & 3pm <b>Topical Tuesday –</b> Living Safely With Dementia 7pm	31 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm	<h1>March 2021</h1> <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 2<sup>nd</sup> page.</p>		

# Social Activities and Education

## Minds in Motion: Monday @ 10am, Tuesday @ 10am & 3pm, Wednesday @ 3pm, 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: 3<sup>rd</sup> 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**

## Circle of Friends with Kingston AS: Wednesday's @ 1:30pm

This is a recreation group where we gather and have discussions and enjoy themed events and presentations. This activity is ran through the Kingston Alzheimer Society. **Meeting ID: 653 070 720**

## 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: 2<sup>nd</sup> & 4<sup>th</sup> Friday @ 11am

2<sup>nd</sup> Friday: Swim Through the Coastal Seas: Experience our planets natural beauty and examine how climate change impacts all living creatures in the ambitious documentary of spectacular scope. From fearsome sharks to lowly urchins, 90% of marine creatures live in coastal waters.

4<sup>th</sup> Friday: Abu Dhabi: The Island Kingdom of the Sheikhs.

**Meeting ID: 918 3860 1408**

## Movie Matinee Friday, February 19<sup>th</sup> @ 1:30pm– Homeward Bound II – Lost in San Francisco

While taking a flight to Canada from the San Francisco airport, a family mistakenly leaves their pet dogs behind. The dogs must now fend for themselves as they explore the new city all alone. **Please register before the 19<sup>th</sup> to receive the link.**

## 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](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 Vanessa at [vbarnes@alzheimersarnia.ca](mailto:vbarnes@alzheimersarnia.ca) for more information. 420 East St N, Sarnia, ON N7T 6Y5, 519-332-4444 Website: <https://alzheimer.ca/en/sarnialambton>