

# November 2025

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2	<p><b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm</p> <p><b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM</p> <p><small>Daylight Saving Time Ends</small></p>	3	<p><b>Minds in Motion 4</b> @ Grace United 10am-12pm</p> <p><b>Topical Tuesday</b> <i>How to Know When to Assist @3pm</i></p>	4	5	<p><b>Sarnia Care Partner Support Group 2</b> 10:15am – 12:15pm</p>	6	<p><b>MiM Corunna</b> 1:30pm – 3:30pm</p>	7	<p><b>DROM &amp; Lunch Group #1</b> Grace United Church 11am-1pm \$7.50/person</p>	8
9	<p><b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm</p> <p><b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM</p>	10	<p><b>NO MINDS IN MOTION</b></p> <p><b>Topical Tuesday</b> <i>Reminiscence and Memory Support 3pm</i> <small>Veterans Day Remembrance Day (Canada)</small></p>	11	12	<p><b>Wellness Lounge</b> Sip, Stich &amp; Socialize 10am – 12pm</p>	13	<p><b>Sarnia Care Partner Support Group</b> 12:30pm – 2:30pm</p> <p><b>MiM Corunna</b> 1:30pm – 3:30pm</p>	14	15	
16	<p><b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm</p> <p><b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM</p>	17	<p><b>Minds in Motion 18</b> @ Grace United 10am-12pm</p> <p><b>Topical Tuesday</b> <i>Visiting &amp; Graceful Exits @ 3pm</i></p>	18	19	<p><b>Inspirational Moments</b> @ JNAAG 1:00-3:00</p> <p><b>Virtual Care Partner Support Group</b> 2:00pm – 4:00pm</p>	20	<p><b>MiM Corunna</b> 1:30pm – 3:30pm</p> <p><b>Bonus Thursday</b> <i>Understanding Dementia: an overview @ 7pm</i></p>	21	<p><b>Petrolia Support Group</b> 10am – 12pm <b>TEACH</b> 10:30-12:30pm</p> <p><b>DROM &amp; Lunch Group #2</b> Grace United Church 11am-1pm \$7.50/person</p>	22
23	<p><b>Wellness Lounge</b> Drop-In – Care Partners 10am – 12pm</p> <p><b>Minds in Motion</b> @ Strangway Centre 1PM – 2:45PM</p>	24	25	<p><b>Minds in Motion</b> @ Grace United 10am-12pm</p>	26	<p><b>Wellness Lounge Book Club</b> 10am – 12pm</p> <p><b>Forest Support Group</b> 10:00am – 11:30am</p>	27	<p><b>MiM Corunna</b> 1:30pm – 3:30pm</p> <p><small>Thanksgiving Day (U.S.)</small></p>	28	<p><b>TEACH</b> 10:30-12:30pm</p> <p><b>Bowling @ Hi-Way</b> Bowl 11:00am \$6/person</p>	29
30	<p><b>Tickets for the Annual Holiday Dinner on Sunday, December 7<sup>th</sup> at 12pm are available. \$15/each and are on sale until November 22<sup>nd</sup>.</b></p> <p><b>Tickets for It’s a Wonderful Life on Sunday, December 14<sup>th</sup> at 2pm at the Imperial Theatre are on sale until Nov. 12<sup>th</sup>. \$30/each.</b></p> <p><b>Contact Vanessa at ext 238 or <a href="mailto:vbarnes@alzheimersarnia.ca">vbarnes@alzheimersarnia.ca</a> for more information.</b></p>										

## Social Activities, Support Groups and Education

**Advanced Registration is required for all except the Wellness Lounge.**

### 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. **8-week sessions. Cost \$20/participant**

### Inspirational Moments

The JNAAG is pleased to partner with the Alzheimer Society of Sarnia-Lambton to offer Inspirational Moments. Participants will visit the gallery 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. **Cost \$5/participant**

### Forget Me Not Social Club:

**DROM on Nov 7th – Group #1, Oct. 17th – Group #2 at Grace United Church** – Cost is **\$7.50/participant**. Includes lunch.

**Bowling on Nov 21st - at Hi-way Bowling Alley on London Line** – Cost is **\$6/participant**. This includes one game and shoes.

**Sunday Nov 28th @ 2pm - Imperial Theatre – Anastasia (pre-registered participants only)**

### Wellness Lounge Drop Ins

**Every Monday** - Care Partner Drop In 10-12pm

**2<sup>nd</sup> Wednesday** – Sip, Stitch & Socialize 10am – 12pm Bring a craft you're working on, whether it's knitting, needlepoint, painting, etc and enjoy the company of others, even learn some new skills

**4<sup>th</sup> Wednesday** – Book Club 10am – 12pm (pre-registration required as there are limited number of books)

To register for any of the **Active Living Programs** please email Vanessa at [vbarnes@alzheimersarnia.ca](mailto: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**

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.

Email Christine at [cwright@alzheimersarnia.ca](mailto:cwright@alzheimersarnia.ca) to receive information and a [link on how to attend](#).

### 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.

### TEACH

TEACH takes place over 4 weeks, and each week has a specific theme. This will provide the group with an opportunity to discuss any concerns one might have about the future and how to best prepare for potential upcoming challenges.

### First Link Learning Series (FLLS)

The First Link® Learning Series is a four-week program designed for individuals living with dementia and their caregivers. It helps participants better understand the diagnosis, the progression of the disease, how to plan ahead and provides a supportive space to connect with others.

To register for FLLS reach out to [jgall@alzheimersarnia.ca](mailto:jgall@alzheimersarnia.ca) or 519-332-4444 ext. 141

To register for the support groups, please call the office or email [info@alzheimersarnia.ca](mailto:info@alzheimersarnia.ca)

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### **Crisis Numbers: In case of an emergency call 911**

We understand that difficult moments can arise, and it's important to know that help is available when you need it. Please keep these numbers on hand, as they are confidential, anonymous, and available 24/7. You're not alone, and reaching out for help is always okay. If you or someone you know needs immediate assistance, please don't hesitate to call.

Seniors Safety Line: 1-866-299-1011

Elder Abuse Prevention Line: 416-916-6728

CMHA Crisis Line (available 24/7) 519-336-3445/1-800-307-4319

Suicide Prevention Lifeline – 988 (24/7)