

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--|--|--|---|---|----------|
| 1 Daylight Saving Time Ends | 2 | 3 <u>Minds in Motion</u> 10am Topical Tuesday 3pm – Playing Your Part | 4 <u>Inspirational Moments</u> 11am | 5 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm | 6 | 7 |
| 8 | 9 <u>Minds in Motion</u> 12pm-130pm @ Strangway REGISTRATION REQUIRED | 10 <u>Minds in Motion</u> 10am Topical Tuesday 3pm – Reminiscence Therapy | 11 Veterans Day Remembrance Day (Canada) | 12 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm | 13 <u>Armchair Travelogue</u> 11am Movie Afternoon – Space Cowboys 1:30pm <u>Registration Required</u> | 14 |
| 15 | 16 <u>Minds in Motion</u> 1200-130pm @ Strangway <u>Toys - Presentation from Oil Heritage Museum – 2:30pm</u> | 17 <u>Minds in Motion</u> 10am Topical Tuesday 3pm – Brain & Behaviour | 18 <u>Inspirational Moments – in person</u> Bonus Wednesday-7pm Understanding Dementia & FYW | 19 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm | 20 | 21 |
| 22 | 23 <u>Minds in Motion</u> 12pm-130pm @ Strangway | 24 <u>Minds in Motion</u> 10am Topical Tuesday 3pm – Care Tips | 25 <u>Inspirational Moments</u> 11am | 26 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm Thanksgiving Day (US) | 27 <u>Armchair Travelogue</u> 11am | 28 |
| 29 | 30 <u>Minds in Motion</u> 12pm-130pm @ Strangway | <h1>November 2020</h1> <p>Alzheimer Society Sarnia Lambton Social & Education Programs</p> | | | | |

Social Activities and Education

Minds in Motion: Every Tuesday & Thursday @ 10am virtually; Monday's at Strangway Centre - & Tuesday's at Grace United must be registered for in person sessions. NO DROP INS

We will be doing the exercise portion of our Minds in Motion each week - virtually. The exercise is a mix of cardio, stretch and balance and is 45min in length. **Meeting ID: 966 9366 0340**

Inspirational Moments: 1st & 4th Wednesday @ 11am; Nov 18th in person – FULLY BOOKED

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: 966 8410 7418**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly. **Meeting ID: 636463918**

Armchair Travelogue: 2nd and 4th Friday @ 11am

Travel to different destinations around the world from the comfort of your own home. Enjoy some videos and stories of places like Denmark and India. **Meeting ID: 918 3860 1408**

Movie Afternoon – This month's movie is Space Cowboys Friday November 13 @ 1:30pm

Registration is required as we will be putting little movie kits together for each person. Please register no later than Nov 5 by calling Vanessa @ 519-332-4444

Toys – Presentation from Oil Heritage Museum: Monday Nov 16 @ 2:30pm – more information to follow

Meeting ID: 929 5828 5306

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 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!