

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2021

						1	2
3	4 <a href="#">Minds in Motion with Yoga 10am</a>	5 <b>Minds in Motion 10am – Grace United</b> Topical Tuesday – 3pm Anxiety & Agitation	6	7 <a href="#">Minds in Motion 10am</a> <a href="#">Musical Memories Terry - 2pm</a>	8	9 <a href="#">Armchair Travelogue – 11am Paris Part 1</a>	
10	11 <b>OFFICE CLOSED Happy Thanksgiving</b> <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	12 <b>Minds in Motion 10am – Grace United</b> Topical Tuesday – 3pm Approaching with Thanks	13	14 <a href="#">Minds in Motion 10am</a> <a href="#">Musical Memories Mari - 2pm</a>	15	16 <a href="#">Movie Matinee – 1:30pm August Rush</a>	
17	18 <a href="#">Minds in Motion with Yoga 10am</a>	19 <b>Minds in Motion 10am – Grace United</b> Topical Tuesday – 3pm Hallucinations, Illusions, Delusions and Loose Associations	20 Bonus Wednesday – 7pm Understanding Dementia & FYW	21 <a href="#">Minds in Motion 10am</a> <a href="#">Musical Memories Michael Myers- 2pm</a>	22	23 <a href="#">Armchair Travelogue – 11am Paris Part 2</a>	
24	25 <a href="#">Minds in Motion with Yoga 10am</a>	26 <b>Minds in Motion 10am – Grace United</b> Topical Tuesday – 3pm Straight from the Source	27	28 <a href="#">Minds in Motion 10am</a> <a href="#">Musical Memories Glenn &amp; Max - 2pm</a>	29	30	
31	<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>						

Halloween

# Social Activities and Education

## Minds in Motion:

**Monday (Peterborough AS Facilitating)** - 30min exercise followed by 30min Yoga Session **Meeting ID: 930 2784 0781**

**Tuesday Minds in Motion is in person only. REGISTRATION IS REQUIRED, NO DROP INS. Please call Vanessa to sign up.**

## Thursday @ 10am (ASSL Facilitating)

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**

## Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly.

**Meeting ID: 928 5833 9938 Passcode 036639**

## Movie Matinee Friday, October 15<sup>th</sup> @ 1:30pm – August Rush

**Synopsis:** Lyla and Louis, a singer and a musician, fall in love, but are soon compelled to separate. Lyla is forced to give up her newborn but unknown to her, he grows up to become a musical genius. **Meeting ID: 993 955 4993**

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

Sit back and enjoy travelling around the world from the comfort of your own chair. This month we will be visiting Paris in a two part series. Part 1 – Embracing Life & Art, Part 2 – Regal and Intimate **Meeting ID: 918 3860 1408**

**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.