

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1> <p>Alzheimer Society of Sarnia-Lambton</p>		Minds in Motion 1 @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm Topical Tuesday <i>Apathy & Loss of Initiative @ 3pm</i>	2 Sarnia Care Partner Support Group 2 10:00pm – 12:00pm <small>Rosh Hashanah Begins</small>	3 Minds in Motion Corunna 1:30pm – 3:30pm	4 DROM & Lunch Grace United Church 11am-1pm \$5/person	5
		6 Giant Tiger London Rd. – Anything for Alz Sept 20th – Oct. 13th	7 Minds in Motion @ Strangway Centre 1:30-3:15	Minds in Motion 8 @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm Financial Planning for Long Term Care 1pm – 2pm Topical Tuesday <i>Mealtime @ 3pm</i>	9	Minds in Motion 10 Corunna 1:30pm – 3:30pm Sarnia Care Partner Support Group 1:00pm – 3:00pm
13 Bluewater Foodland – Anything for Alz Oc. 15th to 30th	14 OFFICE CLOSED <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	Minds in Motion 15 @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm First link Learning Series 1:30pm – 3:30pm Topical Tuesday <i>Agitation & De-escalation @ 3pm</i>	Inspirational Moments 16 @ JNAAG 1:00-3:00 Virtual Care Partner Support Group 2:00pm – 4:00pm <small>Sukkot Begins</small>	Virtual Minds in Motion 17 10am – 11:30am First Link Care Essentials Course 10am – 11am Minds in Motion Corunna 1:30pm – 3:30pm	18 Petrolia Support Group 1 10:00am – 12:00pm	19
20	21 Minds in Motion @ Strangway Centre 1:30-3:15	Minds in Motion 22 @ Grace United 10am-12pm First link Learning Series 1:30pm – 3:30pm Topical Tuesday <i>Dos and Don'ts in Conversation @ 3pm</i>	23 Forest Support Group 10:00am – 12:00pm	Virtual MiM 24 10am – 11:30am First Link Care Essentials Course 10am – 11am MiM - Corunna 1:30pm – 3:30pm Bonus Thursday <i>Understanding Dementia 7pm</i> <small>Simchat Torah Begins</small>	25 Bowling @ Hi-Way Bowl 11:00am \$5/person	26
27	28 Minds in Motion @ Strangway Centre 1:30-3:15	Minds in Motion 29 @ Grace United 10am-12pm Coping With Change 10:30pm-12:30pm First link Learning Series 1:30pm – 3:30pm Topical Tuesday <i>Tricks & Treats (approach tips) @ 3pm</i>	30	Virtual Minds in Motion 31 10am – 11:30am First Link Care Essentials Course 10am – 11am Minds in Motion Corunna 1:30pm – 3:30pm <small>Halloween</small>		

Social Activities, Support Groups and Education

Registration is required for all.

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. **Cost \$15/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:

Drum Fit on October 4th at Grace United Church – Cost is \$5/ participant. This includes lunch

Bowling on October 25th at Hi-way Bowling Alley on London Line – Cost is \$5/ participant. This includes one game of bowling and shoes.

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.

Coping with Change

This group is intended to provide care partners with tools that will help them cope with the ambiguous grief and loss associated with this journey. We address strategies to help care partners reframe their thinking and perspectives, as well as tools to reduce stress, such as mindfulness.

First Link Learning Series

The First Link® Learning Series is a 4-week program designed for individuals living with dementia, and can help participants understand the diagnosis, disease progress, and a space to connect with others.

First Link Care Essentials Course - Thursday October 18, 24 & 31 from 10am – 11am

This series is for family and friends supporting a person living with dementia to better understand progression and symptoms of dementia in middle to late stages. Understanding Communication Changes in Dementia; Enhancing Communication with a Person who is Living with Dementia; Building Your Toolbox: Understanding Responsive Behaviours and Supporting Daily Activities.

Must sign up with Christine at cwright@alzheimersarnia.ca or 519 332-4444 due to limited seating.

Financial Planning for Long Term Care

Sessions will be held in the large meeting room and require registration prior to the session date. These sessions will be facilitated by IG Private Wealth Management & Pentz Webster & Associates.

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