

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED <small>Labor Day</small>	3 Minds in Motion @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm Topical Tuesday <i>Late Day Confusion</i> <i>"Sundowning" @ 3pm</i>	4	5 Minds in Motion Corunna 1:30pm – 3:30pm	6 DROM & Lunch Grace United Church 11am-1pm \$5/person	7
8 Wyoming Foodland – Anything for Alz Sept 9 th to 23 rd <small>Grandparents Day</small>	9 Minds in Motion @ Strangway Centre 1:30-3:15	10 Minds in Motion @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm Topical Tuesday <i>Thank you Approach @</i> <i>3pm</i>	11	12 Minds in Motion Corunna 1:30pm – 3:30pm Sarnia Care Partner Support Group 1:00pm – 3:00pm	13 Armchair Travelogue @11:00	14
15	16 Minds in Motion @ Strangway Centre 1:30-3:15	17 Minds in Motion @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm Topical Tuesday <i>Care Planning @ 3pm</i>	18 Inspirational Moments @ JNAAG 1:00-3:00 Virtual Care Partner Support Group 2:00pm – 4:00pm	19 Minds in Motion Corunna 1:30pm – 3:30pm CARERS REUNION 11am-1pm Donut Day @ Global Donuts	20 Petrolia Support Group 10:00am – 12:00pm	21 World Alzheimer's Day
22 <small>Autumn Begins</small>	23 Minds in Motion @ Strangway Centre 1:30-3:15	24 Minds in Motion @ Grace United 10am-12pm Coping With Change 12:30pm-2:30pm Topical Tuesday <i>Caregiver Stress @ 3pm</i>	25 Forest Support Group 10:00am – 12:00pm	26 Minds in Motion Corunna 1:30pm – 3:30pm	27 Bowling @ Hi-Way Bowl 11:00am \$5/person	28
29	30 Minds in Motion @ Strangway Centre 1:30-3:15	<h1>September 2024</h1> <p>Alzheimer Society of Sarnia-Lambton</p>				

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 September 6th at Grace United Church – Cost is \$5/ participant. This includes lunch

Bowling on September 27 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.

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.

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.

CARERS

CARERS is a psychoeducation group developed to help care partners for people living with dementia. The purpose of this group is to allow care partners to obtain some education about dementia, connect with other care partners and share their stories, and to improve communication techniques.

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