

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Soci�t� Alzheimer Society of Sarnia Lambton		1 Topical Tuesday <i>Changes in Language: Aphasia</i> @ 3pm	2 Sarnia Care Partner Support Group 2 10:15am – 12:15pm	3	4	5
	6	7 OFFICE CLOSED LABOUR DAY Labor Day	8 Topical Tuesday <i>Late Day Confusion: Sundowning</i> @ 3pm	9 Wellness Lounge Sip, Stitch & Socialize 10am – 12pm	10 Sarnia Care Partner Support Group 1 12:30pm – 2:30pm	11 Drumming & Lunch Group #1 Grace United Church 11am-1pm \$7.50/person Rosh Hashanah Begins
	13 Grandparents Day	14 Wellness Lounge Drop-In – Care Partners 10am – 12pm Minds Minds in Motion @ Strangway Centre 1PM – 2:45PM	15 Minds in Motion @ Grace United 10am-12pm Topical Tuesday <i>When to Help or Assist</i> @ 3pm	16 Inspirational Moments @ JNAAG 1:00-3:00 Virtual Care Partner Support Group 2:00pm – 4:00pm	17 MiM Corunna 1:30pm – 3:30pm	18 Petrolia Support Group 10am – 12pm Drumming & Lunch Group #2 Grace United Church 11am-1pm \$7.50/person Oktoberfest Begins
	20 Yom Kippur Begins	21 WORLD ALZHEIMER AWARENESS DAY Wellness Lounge Drop-In – Care Partners 10am – 12pm Minds Minds in Motion @ Strangway Centre 1PM – 2:45PM	22 Minds in Motion @ Grace United 10am-12pm Topical Tuesday <i>Safety in the Home</i> @ 3pm Autumn Begins	23 Forest Support Group 10:00am – 11:30am	24 MiM Corunna 1:30pm – 3:30pm Bonus Thursday <i>Understanding Symptoms of Dementia</i> @ 7pm	25 Bowling @ Hi-Way Bowl 11:00am \$6/person Sukkot Begins
	27	28 Wellness Lounge Drop-In – Care Partners 10am – 12pm Minds Minds in Motion @ Strangway Centre 1PM – 2:45PM	29 Minds in Motion @ Grace United 10am-12pm Topical Tuesday <i>Potential Triggers & Traps</i> @ 3pm	30 Wellness Lounge Book Club 10am – 12pm	 September 2026	

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:

Drumming on Sept 11th – Group #1, Sept. 18th – Group #2 at Grace United Church – Cost is **\$7.50/participant**. Includes lunch.

Bowling on Sept 25th – HiWay Bowling Alley on London Line - \$6/participant. Include one game and shoes.

Wellness Lounge Drop Ins

Every Monday - Care Partner Drop In 10-12pm

2nd 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,

Last 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 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 these times and dates do 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 to receive information and a link on how to attend.

Support Groups

This monthly, in-person support group allows spouses and family members caring for someone with dementia to connect with others who share similar experiences. Participants can share concerns, receive support, learn coping strategies, and learn about services available through the ASSL and 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.

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.

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

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.

Assaulted Women's Helpline: 1-888-916-1801

#SAFE(#7233) on your Bell, Rogers, Fido or Telus mobile phone

Support for Male Survivors: 1-866-887-0015 (24/7)

Victim Support Line – 1-888-572-2888 (24/7)

Women's Interval Home – 519-336-5200 (25/7) or toll free 1-800-265-1412

River City Vineyard (Men's only shelter) – 519-383-8323

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)