

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

			1 <u>Minds in Motion</u> 10am	2 <u>Minds in Motion</u> 10am <u>Musical Memories</u> Jay Franco - 2pm	3	4
5	6 OFFICE CLOSED <small>Labor Day Rosh Hashanah Begins</small>	7 Topical Tuesday – 3pm Things not to say	8 <u>Minds in Motion</u> 10am	9 <u>Minds in Motion</u> 10am <u>Musical Memories</u> Arnie Shaw & Lisa Prest - 2pm	10 Armchair Travelogue - Brazil	11
12 <small>Grandparents Day</small>	13 <u>Minds in Motion</u> <u>with Yoga</u> 10am Music with Max & Wayne @ 6:30pm	14 Topical Tuesday – 3pm First Link Care Essentials – What to Expect	15 <u>Minds in Motion</u> 10am <small>Yom Kippur Begins</small>	16 <u>Minds in Motion</u> 10am <u>Musical Memories</u> <u>Michael Myers -</u> 2pm	17	18 <small>Oktoberfest Begins</small>
19	20 <u>Minds in Motion</u> <u>with Yoga</u> 10am Movie Matinee 1:30pm <small>Sukkot Begins</small>	21 <u>Minds in Motion</u> 10am – Grace United Topical Tuesday – 3pm Care Essentials Part 2 – Communicating Effectively	22 <u>Minds in Motion</u> 10am Bonus Wednesday – 7pm Understanding Dementia & FYW <small>Autumn Begins</small>	23 <u>Minds in Motion</u> 10am <u>Musical Memories</u> <u>Mari - 2pm</u>	24 Armchair Travelogue – Italy	25
26	27 <u>Minds in Motion</u> <u>with Yoga</u> 10am Music with Max & Wayne @ 6:30pm	28 <u>Minds in Motion</u> 10am – Grace United Topical Tuesday – 3pm Care Essentials 3 – Responding to Behaviours <small>Simchat Torah Begins</small>	29 <u>Minds in Motion</u> 10am	30 <u>Minds in Motion</u> 10am <u>Musical Memories</u> <u>Glenn & Max - 2pm</u>	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 nd page.	

Social Activities and Education

Minds in Motion:

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

Wednesday @ 10am (Peterborough AS Facilitating)

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, September 20th @ 1:30pm – Paddington Bear

Synopsis: A young bear who can walk and talk travels to London from the jungles of Peru. There, he is adopted by the Brown family and goes through many adventures in the big city. Based on the book "A Bear Called Paddington" by Michael Bond.

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

Sit back and enjoy travelling around the world from the comfort of your own chair. **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 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 for more information.