Alzheimer Society
SARNIA-LAMBTON

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLICK ON THE ACTIVITY TO JOIN IN.			1 OFFICE CLOSED CANADA DAY	2 Easy Moving 10am Musical Memories 2pm	3 Armchair Travelogue 11am Portugal	4
5	6	7 Minds in Motion 10:00am Topical Tuesday 7pm Understanding Dementia Approach	8 Inspirational Moments 11am	9 Get Your Groove On 10:00am Musical Memories 2pm	10 Bonus Friday 10am – Finding Your Way – Safety Concerns for persons living with dementia	11
12	13	14 Minds in Motion 10:00am	15	16 Easy Moving 10am Musical Memories 2pm	17 Armchair Travelogue 11am Osaka, Japan	18
19	20	21 Minds in Motion 10:00am	22 Inspirational Moments 11am	23 Get Your Groove On 10:00am Musical Memories 2pm	24	25
26	27	28 Minds in Motion 10:00am Topical Tuesday 3pm – Care Tips	29	30 Easy Moving 10am Musical Memories 2pm	31 Armchair Travelogue 11am Austria	

Email Vanessa at vbarnes@alzheimersarnia.ca for more information. 420 East St N, Sarnia, ON N7T 6Y5, 519-332-4444 Website: https://alzheimer.ca/en/sarnialambton

Social Activities and Education

Minds in Motion: Tuesday's @ 10am

Minds in Motion® is a physical activity and brain stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario. We offer you an opportunity to join in on a mentally, socially and physically stimulating program right from your home. This is a great chance to stay connected! Minds in Motion is delivered by our experienced staff and community partners.
Meeting ID: 939 1025 5569 PSWD: 960189

Inspirational Moments: 2nd & 4th Wednesday @ 11am

We will be taking tours of museums, galleries, and zoos from around the world. Galleries such as Van Gogh and the Museum of Modern Art in New York and the Toronto Zoo are just some of the places we have visited. **Meeting ID: 971 7643 3263 PSWD: 499210**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly.
Meeting ID: 636463918

Get Your Groove On and Easy Moving: Thursday's at 10am

Get Your Groove On is rhythmic exercise that stimulates circulation and improves mental and physical health all from the comfort of our chairs.
Meeting ID: 953 7566 7135 PSWD: 751517
Easy Moving promotes relaxation, alleviate stress, loosen and limber stiff joints, improve posture, strengthen muscles, stimulate circulation and improve balance and coordination all from the comfort of our chairs.
Meeting ID: 969 8349 2496 PSWD: 763637

Armchair Travelogue: 1st, 3rd and 5th Friday @ 11am

Travel to different destinations around the world from the comfort of your own home. Enjoy some videos and stories of places like Nicaragua and India. **Meeting ID: 933 0355 2841 PSWD: 434649**

Topical Tuesday with Christine: Tuesday's @ 3pm - 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 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!