

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For more information on the social activities, please contact Vanessa @ <a href="mailto:vbarnes@alzheimersarnia.ca">vbarnes@alzheimersarnia.ca</a></p> <p>For Topical Tuesday's, please contact Christine @ <a href="mailto:cwright@alzheimersarnia.ca">cwright@alzheimersarnia.ca</a> to register.</p>		1	2 <u>Inspirational Moments</u> 11am	3 <u>Musical Memories</u> 2pm	4	5
6	7 Labor Day	8 <u>Topical Tuesday</u> 3pm – Validation Approach	9	10 <u>Easy Moving</u> 10am <u>Musical Memories</u> 2pm	11 <u>Armchair Travelogue</u> 11am	12 It's 5 O'Clock Somewhere Virtual Event Click <a href="#">here</a> for more information and tickets
13 Grandparents Day	14	15 <u>Topical Tuesday</u> 3pm – PIECES Toolkit	16 <u>Inspirational Moments</u> 11am	17 <u>Get Your Groove On</u> 10:00am <u>Musical Memories</u> 2pm	18 Rosh Hashanah Begins	19 Oktoberfest Begins
20	21	22 <u>Topical Tuesday</u> 3pm – Communicating with Care Autumn Begins	23	24 <u>Easy Moving</u> 10am <u>Musical Memories</u> 2pm	25 <u>Armchair Travelogue</u> 11am	26
27 Yom Kippur Begins	28	29 <u>Minds in Motion</u> 10am <u>Topical Tuesday</u> 3pm – Care Tips: Ideas For Care	30 <u>Inspirational Moments</u> 11am Bonus Wednesday 7pm – Understanding Dementia and Finding Your Way	<h1>September 2020</h1> <p>Alzheimer Society Sarnia Lambton Social &amp; Education Programs</p>		

# Social Activities and Education

## Minds in Motion: Every Tuesday starting Sept 29<sup>th</sup> @ 10am

We will be doing the exercise portion of our Minds in Motion each week. The exercise is a mix of cardio, stretch and balance and is 45min in length. **Meeting ID:** 966 9366 0340

## Inspirational Moments: 1<sup>st</sup> & 3<sup>rd</sup> and 5<sup>th</sup> 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: 2<sup>nd</sup> and 4<sup>th</sup> Friday @ 11am

**Meeting ID:** 933 0355 2841 **PSWD:** 434649

## 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](mailto: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!***