





GROUP	DESCRIPTION	TIME	LOCATION	DATE	<p>FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THE GROUPS LISTED PLEASE CONTACT:</p> <p>Maryse Raymond Health Promotion & Activation</p> <p>PHONE: (705) 495-4342 Ext. 327</p> <p>TOLL FREE: 1-800-407-6369</p> <p>EMAIL: mraymond@alzheimernorthbay.com</p>
<p>CHAIR YOGA</p> 	<p>Gentle form of yoga practiced sitting on a chair</p> <p>For persons living with dementia & their care partners</p> <p><i>Free of charge</i></p>	2:00pm-3:00pm	<p>Empire Living Centre 425 Fraser St. North Bay</p>	<p><u>Tuesdays</u> January 15 & 29 February 12 & 26 March 5 April 9, 16 & 23</p>	
<p>MINDS IN MOTION®</p> 	<p>Program runs for 8 weekly sessions focusing on physical and mental stimulation</p> <p>For persons living with dementia & their care partners</p> <p><i>\$20.00/person</i></p>	1:30pm-3:30pm	<p>Empire Living Centre 425 Fraser St. North Bay (Regency Room)</p>	<p><u>Every Wednesday</u> January 16 – March 6</p>	
			<p>250 Clark St. Powassan (Maple Room)</p>	<p><u>Every Thursday</u> January 17 – March 21</p> <p>NO Session January 31 February 28</p>	
<p>URBAN POLING (indoor)</p> 	<p>Urban Poling consists of walking with poles to activate lower and upper body muscles</p> <p>For persons living with dementia & their care partners</p> <p><i>Free of charge (we provide poles)</i></p>	10:00pm-11:00pm	<p>Northgate Mall 1500 Fisher St. North Bay (Food Court Entrance)</p>	<p><u>Every Tuesday</u> January 15 – March 26</p>	
<p>ART PROGRAM</p> 	<p>Art Program is designed to engage persons in stimulating activities including art, music, dance and more.</p> <p>For persons living with dementia.</p> <p><i>Free of charge</i></p>	9:30am-11:30am	<p>Emmanuel Village 385 Lakeshore Dr. North Bay</p>	<p><u>Every Thursday</u> January 17 – March 28</p>	
			<p>CSCNO 68 Michaud St. Sturgeon Falls</p>	<p><u>Every Wednesday</u> January 16 – March 27</p>	

