



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>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>\$10.00/person</p>	1:30pm-3:30pm	Empire Living Centre 425 Fraser St. North Bay (Regency Room)	<p><u>Every Wednesday</u></p> <p>Session 1 September 11 - October 30</p> <p>Session 2 November 6 - December 18 (7 weeks)</p>	
		1:00pm-3:00pm	250 Clark St. Powassan (Maple Room)	<p><u>Every Thursday</u></p> <p>September 12 – October 31</p>	
		1:30pm-3:30pm	600 Chippewa St. W North Bay (Common Room)	<p><u>Every Tuesday</u></p> <p>November 5 – December 17 (7 weeks)</p>	
<p>URBAN POLING</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>Free of charge (we provide poles)</p>	10:00pm-11:00pm	Alzheimer Society (outdoor) 1164 Devonshire Ave North Bay	<p><u>Every Tuesday</u></p> <p>September 3 – October 1</p>	
			Northgate Mall 1500 Fisher St. North Bay (Food Court Entrance)	<p><u>Every Tuesday</u></p> <p>October 8 – December 17</p>	
<p>ART PROGRAM</p> 	<p>Art Program is designed to engage persons in stimulating activities including art, music, dance & more.</p> <p>For persons living with dementia.</p> <p>Free of charge</p>	9:30am-11:30am	Emmanuel Village 385 Lakeshore Dr. North Bay	<p><u>Every Thursday</u></p> <p>September 5 – December 19</p>	
			CSCNO 68 Michaud St. Sturgeon Falls	<p><u>Every Wednesday</u></p> <p>September 11 – December 18</p>	