

**HEALTH
PROMOTION**

Soci t  Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
APR				Minds in Motion @2:30pm at the Parkside Older Adult Centre	Good Friday	
5	6	7	8	9	10	11
	Minds in Motion @2pm at the Minnow Lake Legion	Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at the Parkside Older Adult Centre		
12	13	14	15	16	17	18
	Minds in Motion @2pm at the Minnow Lake Legion	Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at the Parkside Older Adult Centre		
19	20	21	22	23	24	25
	Minds in Motion @2pm at the Minnow Lake Legion	Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at the Parkside Older Adult Centre		
26	27	28	29	30		
	Minds in Motion @2pm at the Minnow Lake Legion	Online: Exercise & Game Time @1:30pm				

**2026
SUDBURY**

**HEALTH
PROMOTION**

Société Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
MAY					1	2
3	4 Minds in Motion @2pm at the New Sudbury Public Library	5 Online: Exercise & Game Time @1:30pm	6	7 Minds in Motion @2:30pm at the Parkside Older Adult Centre	8	9
10	11 Minds in Motion @2pm at the New Sudbury Public Library	12 Online: Exercise & Game Time @1:30pm	13	14 Minds in Motion @2:30pm at the Parkside Older Adult Centre	15	16
17	18 Victoria Day	19 Online: Exercise & Game Time @1:30pm	20	21 Minds in Motion @2:30pm at the Parkside Older Adult Centre	22	23
24	25 Minds in Motion @2pm at the New Sudbury Public Library	26 Online: Exercise & Game Time @1:30pm	27	28 Minds in Motion @2:30pm at the Parkside Older Adult Centre	29	30
31						

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PROMOTION**

Soci t  Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Minds in Motion @2pm at the New Sudbury Public Library	2 Online: Exercise & Game Time @1:30pm	3	4	5	6
7	8 Minds in Motion @2pm at the New Sudbury Public Library	9 Online: Exercise & Game Time @1:30pm	10	11 Minds in Motion @2:30pm at the Parkside Older Adult Centre	12	13
14	15 Minds in Motion @2pm at the New Sudbury Public Library	16 Online: Exercise & Game Time @1:30pm	17 Movie Night @ 6:30pm Sudbury Alzheimer Society	18 Minds in Motion @2:30pm at the Parkside Older Adult Centre	19	20
21	22 Minds in Motion @2pm at the New Sudbury Public Library	23 Online: Exercise & Game Time @1:30pm	24	25 Minds in Motion @2:30pm at the Parkside Older Adult Centre	26	27
28	29	30 Online: Exercise & Game Time @1:30pm		Minds in Motion @2:30pm at the Parkside Older Adult Centre		

JUN

**2026
SUDBURY**