

# APR

WEEK OF  
5 - 9



## ONLINE VIDEO (ZOOM) ACTIVITIES

click on the link to  
access or visit

[https://us02web.zoom.us/j/  
7290539028](https://us02web.zoom.us/j/7290539028)



## SUPPORT GROUPS

To register for a support  
group please call Jessica  
Phone: (705) 524-2024 x 232

MONDAY

5

Venez Discuter!  
Venez nous joindre pour une  
conversation française!  
11h00 - 11h30

Click  
Here

TUESDAY

6

VIRTUAL  
MINDS IN MOTION  
Activities & Exercise  
1:30pm-3:00pm

Click  
Here



WEDNESDAY

7

NORTH BAY - EVENING  
VIRTUAL SUPPORT GROUP  
For Care Partners  
6:00pm-8:00pm

THURSDAY

8

EASTER TRIVIA TIME  
Can you guess Who? What?  
When? and Where?  
1:00pm-2:00pm

Click  
Here



FRIDAY

9

SUDBURY - DAYTIME  
VIRTUAL SUPPORT GROUP  
For Care Partners  
1:30pm-3:30pm



Visit our YouTube Page for games  
and exercise videos!



# APR

## WEEK OF 12 - 16



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## MONDAY

12

### MONDAY MORNING MEDITATION

Join us to start your day with a  
mindfulness meditation  
11:00am-11:30am

Click  
Here



### SUDBURY - EVENING VIRTUAL SUPPORT GROUP

For Care Partners  
6:00pm-8:00pm

## TUESDAY

13

### VIRTUAL MINDS IN MOTION Activities & Exercise 1:30pm-3:00pm

Click  
Here



## WEDNESDAY

14

### PICTURE SHOW & TELL Show us your photos and tell us your story! 1:00pm-2:00pm

Click  
Here



### NORTH BAY - DAYTIME VIRTUAL SUPPORT GROUP

For Care Partners  
2:00pm-4:00pm

## THURSDAY

15

### GAME HOUR Join in to play a variety of fun mini games! 1:00pm-2:00pm

Click  
Here



## FRIDAY

16

**SESSION INFORMATIVE**  
Introduction à la Démence  
et la Communication  
11h00 - 12h00

Veillez vous inscrire  
en appelant Miguel  
au (705) 524-2024 x 266  
ou par courriel :  
[mcheff@alzheimersudbury.ca](mailto:mcheff@alzheimersudbury.ca)

*Société*  
**Alzheimer**  
*Society*

# APR

## WEEK OF 19-23



### ONLINE VIDEO (ZOOM) ACTIVITIES

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### SUPPORT GROUPS

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group please call Jessica  
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## MONDAY

### 19

### MORNING SOCIAL

Join in for some morning  
conversations.

Everyone is welcome!

11:00am-11:30am

Click  
Here



## TUESDAY

### 20

### VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click  
Here



## WEDNESDAY

### 21

### NORTH BAY- EVENING VIRTUAL SUPPORT GROUP

For Care Partners

6:00pm-8:00pm

## THURSDAY

### 22

### TRIVIA TIME!

Can you guess Who? What?  
When? and Where?

1:00pm-2:00pm

Click  
Here



## FRIDAY

### 23

### SUDBURY - DAYTIME VIRTUAL SUPPORT GROUP

For Care Partners

1:30pm-3:30pm



We are hosting a  
**Virtual 4 week Learning Series** in May.  
To register, call any one of our offices.



Virtual

Evening Learning Series  
Thursdays May 6, 13, 20, 27  
6:00pm - 8:00pm

# APR

WEEK OF  
26 - 30



## ONLINE VIDEO (ZOOM) ACTIVITIES

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## SUPPORT GROUPS

To register for a support  
group please call Jessica  
Phone: (705) 524-2024 x 232

MONDAY

26

### MONDAY MORNING MEDITATION

Join us to start your day with a  
mindfulness meditation

11:00am-11:30am

Click  
Here



### SADBURY - EVENING VIRTUAL SUPPORT GROUP

For Care Partners  
6:00pm-8:00pm

TUESDAY

27

### VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click  
Here

WEDNESDAY

28

### NORTH BAY - DAYTIME VIRTUAL SUPPORT GROUP

For Care Partners  
2:00pm-4:00pm

THURSDAY

29

GAME HOUR  
Join in to play a variety  
of fun mini games!  
1:00pm-2:00pm

Click  
Here



FRIDAY

30

VIRTUAL DEMENTIA Q & A  
Join us on facebook to ask us  
your questions and learn more  
about dementia and  
Alzheimer's Disease  
1:00pm-2:00pm

*Société*  
**Alzheimer**  
*Society*

## **ADDITIONAL RESOURCES**

Follow our YouTube Page for additional activities, exercise videos and more.



**To Register for our 4-Week Learning Series please contact your First Link Care Navigator**

**Please Note: Schedule of activities is organized by color**

- Education sessions are in **BLUE**
- Support Groups (Zoom) are in **BLACK**
- Online Video (Zoom) Activities are in **GREEN**

**We are available Monday- Friday from 8am-4pm, please contact one of our offices:**

**Sudbury Office**

**(705) 560-0603**

**info@alzheimersudbury.ca**

**Manitoulin Island Office**

**1-800-407-6369**

**info@alzheimersudbury.ca**

**North Bay Office**

**(705) 495-4342**

**info@alzheimernorthbay.com**