

# AUG

WEEK OF  
2 - 6



## 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

2

TUESDAY

3

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

Click  
Here



WEDNESDAY

4

NORTH BAY - DAYTIME  
VIRTUAL SUPPORT GROUP  
For Care Partners  
2:00pm-4:00pm



THURSDAY

5

MORNING COFFEE  
Join us with a warm cup of  
coffee or tea for some  
pleasant conversations.  
Everyone is welcome!  
11:00am-11:30am

Click  
Here



FRIDAY

6

Visit our YouTube Page for games  
and exercise videos!



# AUG

WEEK OF  
9 - 13



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MONDAY

9

TUESDAY

10

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

Click  
Here



WEDNESDAY

11

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



THURSDAY

12

DRAWING ACTIVITY  
All you need is a piece of paper  
and a pen or a pencil!  
10:30am-11:30am



Click  
Here

FRIDAY

13

*Société*  
**Alzheimer**  
*Society*

# AUG

## WEEK OF 16 - 20



### ONLINE VIDEO (ZOOM) ACTIVITIES

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### SUPPORT GROUPS

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## MONDAY

16

### SUDBURY - EVENING VIRTUAL SUPPORT GROUP

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



## TUESDAY

17

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



Click  
Here

## WEDNESDAY

18

### NORTH BAY - DAYTIME VIRTUAL SUPPORT GROUP

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



## THURSDAY

19

### MORNING COFFEE Join us with a warm cup of coffee or tea for some pleasant conversations. Everyone is welcome! 11:00am-11:30am



Click  
Here

## FRIDAY

20



For information regarding  
upcoming education sessions,  
please call or email Miguel  
705-524-2024 ext. 266  
[mcheff@alheimersudbury.ca](mailto:mcheff@alheimersudbury.ca)

# AUG

WEEK OF  
23 - 27



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group please call Jessica  
Phone: (705) 524-2024 x 232

MONDAY

23

TUESDAY

24

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

Click  
Here

WEDNESDAY

25

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



THURSDAY

26

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

Click  
Here



FRIDAY

27

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



*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**