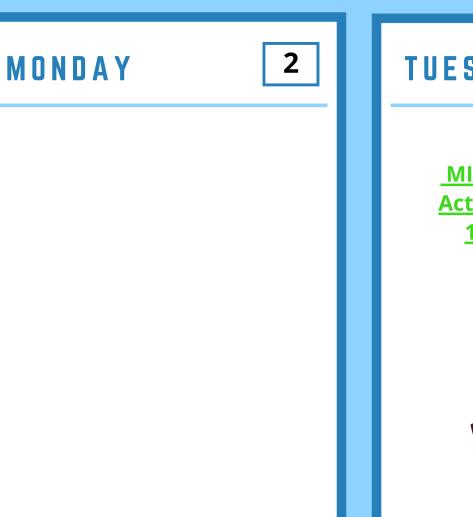
AUG WEEK OF 2 - 6

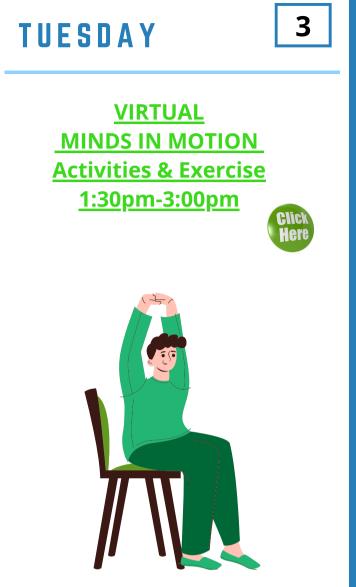


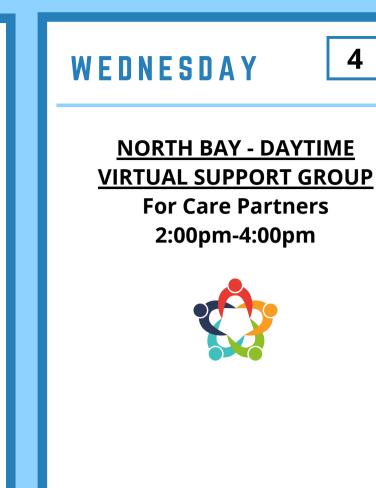
ONLINE VIDEO
(ZOOM) ACTIVITIES
click on the link to
access or visit
https://us02web.zoom.us/j/7290539028

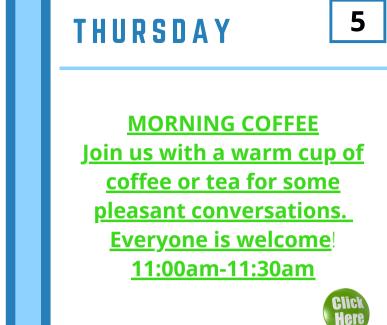


SUPPORT GROUPS
To register for a support group please call Jessica Phone: (705) 524-2024 x 232

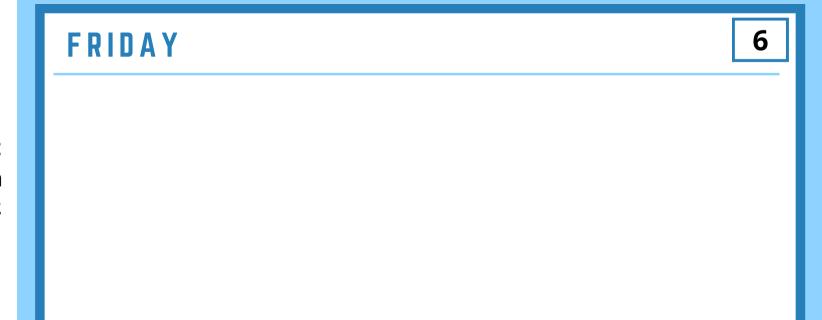












Visit our YouTube Page for games and exercise videos!





ONLINE VIDEO (ZOOM) ACTIVITIES click on the link to access or visit https://us02web.zoom.us/j/ 7290539028



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9 TUESDAY MONDAY **VIRTUAL** 1:30pm-3:00pm

10 **MINDS IN MOTION Activities & Exercise**

WEDNESDAY

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

11



THURSDAY

12

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





13 FRIDAY

Société Alzheimer Society

AUG WEEK OF 16 - 20



ONLINE VIDEO
(ZOOM) ACTIVITIES
click on the link to
access or visit
https://us02web.zoom.us/j/7290539028



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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



WEDNESDAY

18

NORTH BAY - DAYTIME
VIRTUAL SUPPORT GROUP
For Care Partners

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





FRIDAY 20



For information regarding upcoming education sessions, please call or email Miguel 705-524-2024 ext. 266 mcheff@alzheimersudbury.ca



ONLINE VIDEO
(ZOOM) ACTIVITIES
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MONDAY

23

TUESDAY

24

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



27

WEDNESDAY

NORTH BAY- EVENING

VIRTUAL SUPPORT GROUP

For Care Partners

6:00pm-8:00pm

25

TRIVIA TIME!
Can you guess Who? What?
When? and Where?

THURSDAY

<u>1:00pm-2:00pm</u>



26



FRIDAY

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 <u>BLACK</u>
- 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