

# AUG

WEEK OF  
1 - 5



**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 and for more  
information,  
please call Jessica  
Phone: (705) 524-2024 x 232

MONDAY

1



All of our offices will  
be closed due to  
Civic Holiday

TUESDAY

2

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

Click  
Here



WEDNESDAY

3

**NORTH BAY - EVENING  
IN-PERSON COFFEE CLUB**  
**For Care Partners and  
Persons Living with Dementia**  
**6:00pm-8:00pm**



THURSDAY

4

**TRIVIA TIME!**  
**Who? What? When?  
and Where? Join us and  
test your knowledge!**  
**11:00am-12:00pm**

Click  
Here



FRIDAY

5



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



**New to the Zoom platform and not  
sure where to start?**

To learn more about zoom and how to join our virtual  
activities, please contact **Miguel** at  
**705-524-2024 ext. 266** or  
**mcheff@alzheimersudbury.ca**

# AUG

## WEEK OF 8 - 12



**ONLINE VIDEO  
(ZOOM) ACTIVITIES**

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### MONDAY

8

Drawing Activity  
Grab a pencil and a paper to  
unleash your creative side!  
11:00am - 12:00pm

Click  
Here



### TUESDAY

9

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

Click  
Here



### WEDNESDAY

10

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



### THURSDAY

11

SUDBURY- EVENING  
IN-PERSON COFFEE CLUB  
For Care Partners and  
Persons Living with Dementia  
6:00pm-8:00pm



### FRIDAY

12

*Société*  
**Alzheimer**  
*Society*

**Visit our YouTube Page for  
activity and exercise videos!**



# AUG

WEEK OF  
15 - 19



## ONLINE VIDEO (ZOOM) ACTIVITIES

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MONDAY

15

Morning Social!  
Join us for some good  
conversations!  
11:00am - 11:30am

Click  
Here



TUESDAY

16

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

Click  
Here



WEDNESDAY

17

NORTH BAY - EVENING  
IN-PERSON COFFEE CLUB  
For Care Partners and  
Persons Living with Dementia  
6:00pm-8:00pm



THURSDAY

18

GAME HOUR  
Join in to play a variety  
of fun mini games!  
1:30pm-2:30pm

Click  
Here



FRIDAY

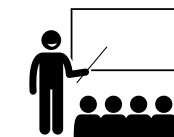
19

*Société*  
**Alzheimer**  
*Society*

**Our next Learning Series Sessions are taking place in September  
To register, call any one of our offices.**



**ZOOM - VIRTUAL**  
**Learning Series**  
**Tuesdays September 6, 13, 20, 27**  
**1:00pm to 3:00pm**



**In-person Sudbury**  
**Learning Series**  
**Wednesdays September 7, 14, 21, 28**  
**6:00pm to 8:00pm**

# AUG

## WEEK OF 22 - 26



### ONLINE VIDEO (ZOOM) ACTIVITIES

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### SUPPORT GROUPS

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## MONDAY

### 22

Venez Discuter!  
Joignez nous pour une bonne  
conversation!  
11:00am - 11:30am

Click  
Here



## TUESDAY

### 23

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

Click  
Here



## WEDNESDAY

### 24

CHAIR YOGA  
Take some time to stretch,  
relax and unwind!  
11:00am-12:00pm

Click  
Here



## THURSDAY

### 25

PICTURE SHOW AND TELL  
Bring a cherished photo  
and tell us your story.  
1:00pm-2:00pm



SADBURY- EVENING  
IN-PERSON SUPPORT GROUP  
For Care Partners  
6:00pm-8:00pm

## FRIDAY

### 26



*Société*  
**Alzheimer**  
*Society*

# AUG

WEEK OF  
29 - SEPT 2



## ONLINE VIDEO (ZOOM) ACTIVITIES

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MONDAY

29

### NAME THAT TUNE

Play along and guess some songs

Everyone is welcome!

1:00pm-2:00pm

Click  
Here



TUESDAY

30

### VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click  
Here



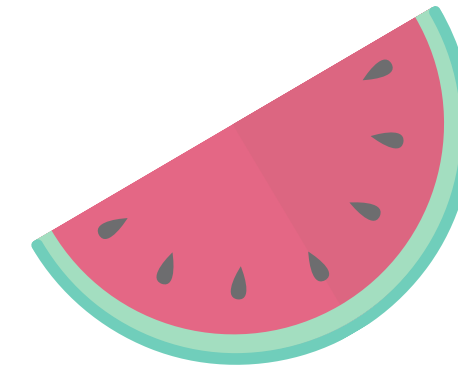
### NORTH BAY - EVENING IN-PERSON SUPPORT GROUP

For Care Partners

6:00pm-8:00pm

WEDNESDAY

31



THURSDAY

1

### Morning Social! Join us for some good conversations!

11:00am - 11:30am

Click  
Here



FRIDAY

2

*Soci t *  
**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 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**