

DEC

WEEK OF 30 - 4

IN PERSON ACTIVITIES

Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

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

MONDAY

30

TUESDAY

1

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

Click Here



WEDNESDAY

2

In-person North Bay
MINDS IN MOTION
Activities and Exercise
1:30pm - 3:00pm
Call Maryse to register :
705-495-4342 ext.327



THURSDAY

3

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

Click Here



FRIDAY

4

ONLINE SUPPORT GROUP
For Care Partners of a spouse
1:30pm-3:30pm



IN-PERSON ART SESSION
Maryse's Creative Corner
(Sturgeon Falls)
10:00am - 11:30am

Call Maryse to register :
705-495-4342 ext.327

Visit our YouTube Page for brain
games and exercise videos!



DEC

WEEK OF 7 - 11

IN PERSON ACTIVITIES

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SUPPORT GROUPS

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MONDAY

7

VIRTUAL CHAIR YOGA
with Janet!
11:00am-12:00pm

Click Here



TUESDAY

8

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

Click Here

**IN-PERSON COFFEE CLUB
SUPPORT GROUP
NORTH BAY**
Call Diane to register
(705) 495-4342 ext. 328
6:00 pm-8:00pm

WEDNESDAY

9

**In-person North Bay
MINDS IN MOTION
Activities and Exercise**
1:30pm - 3:00pm
Call Maryse to register :
705-495-4342 ext.327

**ONLINE SUPPORT GROUP
NORTH BAY**
for Care Partners.
2:00pm-4:00pm
Call Linda for Link
(705) 495-4342 ext. 321

**EVENING SUPPORT GROUP
for care partners SUDBURY**
6:00 pm-8:00pm
Call to register
(705) 524-2024 ext. 232

THURSDAY

10

**IN-PERSON ART SESSION
Maryse's Creative Corner
(North Bay)**
10:00am- 11:30 PM
Call Maryse to register :
705-495-4342 ext.327

**VIRTUAL
FREEZER MEAL TIPS AND TRICKS**
Presentation with Nola
1:00pm - 2:00pm

Click Here

FRIDAY

11

**ONLINE SUPPORT GROUP
For Care Partners of a spouse**
1:30pm-3:30pm



**IN-PERSON ART SESSION
Maryse's Creative Corner
(Sturgeon Falls)**
10:00am - 11:30am

Call Maryse to register :
705-495-4342 ext.327

Soci t 
Alzheimer
Society

DEC

WEEK OF 14 - 18

IN PERSON ACTIVITIES

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SUPPORT GROUPS

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Phone:(705) 524-2024 x 232

MONDAY

14

VIRTUAL MORNING SOCIAL!
Join in for some conversation.
Everyone is welcome!
11:00am-12:00pm

Click Here

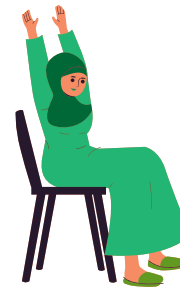


TUESDAY

15

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

Click Here



IN-PERSON SUPPORT GROUP
for Care Partners SUDBURY
10:00 am -12:00pm
Call to register
(705) 524-2024 ext. 232

WEDNESDAY

16

IN-PERSON SUPPORT GROUP
NORTH BAY
for Care Partners.
Call Linda for Link
(705) 495-4342 ext. 321
10:00 am -12:00pm

IN-PERSON SUPPORT GROUP
for Care Partners SUDBURY
10:00 am -12:00pm
Call to register
(705) 524-2024 ext. 232

THURSDAY

17

IN-PERSON ART SESSION
Maryse's Creative Corner
(North Bay)
10:00am- 11:30 PM
Call Maryse to register :
705-495-4342 ext.327



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

Click Here

FRIDAY

18

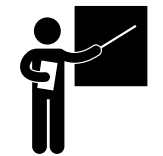
ONLINE SUPPORT GROUP
For Care Partners of a spouse
1:30pm-3:30pm



We are hosting two,
4 week Learning Series in January.
To register, call any one of our offices.



Virtual
Daytime Learning Series
January 7, 14, 21, 28
10:00 am -12:00 pm



In-Person Sudbury
Evening Learning Series
January 12, 19, 26, 02
6:00 pm - 8:00 pm

DEC

WEEK OF 21 - 25

IN PERSON ACTIVITIES

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SUPPORT GROUPS

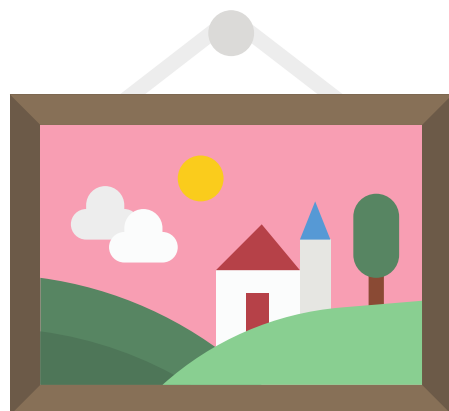
To register for a support group please call Jessica
Phone:(705) 524-2024 x 232

MONDAY

21

VIRTUAL PICTURE
SHOW AND TELL
Show us a photo and
share your story.
11:00 AM - 12:00 PM

Click
Here



TUESDAY

22

**IN-PERSON SUPPORT GROUP
for Care Partners SUDBURY**
10:00 am -12:00pm
Call to register
(705) 524-2024 ext. 232

VIRTUAL HOLIDAY PARTY
SPECTACULAR
Join us online for some
Live music, holiday trivia
and more!

1:30pm-3:00pm



Click
Here

WEDNESDAY

23

COFFEE CLUB SUPPORT GROUP
Call for Link
(705) 524-2024 ext. 232
6:00 pm-8:00pm



THURSDAY

24



Our offices are Closed

FRIDAY

25



Happy Holidays!

Our offices are Closed

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DEC

WEEK OF
28-1

IN PERSON ACTIVITIES

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SUPPORT GROUPS

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Phone:(705) 524-2024 x 232

MONDAY

28

**Our Offices
are Closed**

TUESDAY

29

We are OPEN

WEDNESDAY

30

We are OPEN

THURSDAY

31

We are OPEN

FRIDAY

2021

1



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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 (in-person and online) 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