

**HEALTH
PROMOTION**

Soci t  Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Good Friday	4
5	6	7 Online: Exercise & Game Time @1:30pm	8	9	10	11
12	13	14 Online: Exercise & Game Time @1:30pm	15	16	17	18
19	20	21 Online: Exercise & Game Time @1:30pm	22	23	24	25
26	27	28 Online: Exercise & Game Time @1:30pm	29	30		

APR

Good Friday

Online:
Exercise &
Game Time
@1:30pm

Online:
Exercise &
Game Time
@1:30pm

Online:
Exercise &
Game Time
@1:30pm

Online:
Exercise &
Game Time
@1:30pm

**2026
NORTH BAY**

**HEALTH
PROMOTION**

Société Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
MAY					1	2
3	4	5 Online: Exercise & Game Time @1:30pm	6	7	8	9
10	11	12 Online: Exercise & Game Time @1:30pm	13	14	15	16
17	18 Victoria Day	19 Online: Exercise & Game Time @1:30pm	20	21	22	23
24	25	26 Online: Exercise & Game Time @1:30pm	27	28	29	30
31						

**2026
NORTH BAY**

**HEALTH
PROMOTION**

Soci t  Alzheimer Society

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
JUN		Online: Exercise & Game Time @1:30pm				
7	8	9	10	11	12	13
		Online: Exercise & Game Time @1:30pm				
14	15	16	17	18	19	20
		Online: Exercise & Game Time @1:30pm				
21	22	23	24	25	26	27
		Online: Exercise & Game Time @1:30pm				
28	29	30				
		Online: Exercise & Game Time @1:30pm				

**2026
NORTH BAY**