

JULY

WEEK OF
5 - 9



**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

5

MORNING SOCIAL
Join in for some morning
conversations.
Everyone is welcome!
11:00am-11:30am

Click
Here



**SUDBURY - EVENING
VIRTUAL SUPPORT GROUP**
For Care Partners
6:00pm-8:00pm

TUESDAY

6

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

Click
Here



WEDNESDAY

7

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

Click
Here



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

THURSDAY

8

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

Click
Here



FRIDAY

9

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



JULY

WEEK OF
12 - 16



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MONDAY

12

MONDAY MORNING MEDITATION

Join us to start your day with
a mindfulness meditation
11:00am-11:30am

Click
Here



TUESDAY

13

VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click
Here



WEDNESDAY

14

NORTH BAY- EVENING VIRTUAL SUPPORT GROUP

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

THURSDAY

15

SEATED DANCE SESSION

Join us to learn some
new dance moves!
1:00pm-2:00pm

Click
Here



FRIDAY

16

SUDBURY - DAYTIME VIRTUAL SUPPORT GROUP

For Care Partners
1:30pm-3:30pm



Société
Alzheimer
Society

JULY

WEEK OF
19 - 23



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MONDAY

19

Venez Discuter!
Venez nous joindre pour une
conversation française!
11h00 - 11h30



Click
Here

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

TUESDAY

20

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



Click
Here

WEDNESDAY

21



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

THURSDAY

22

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

Click
Here



FRIDAY

23



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

JULY

WEEK OF
26 - 30



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MONDAY

26

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

TUESDAY

27

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

Click
Here

WEDNESDAY

28

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



THURSDAY

29

SEATED DANCE SESSION
Join us to learn some
new dance moves!
1:00pm-2:00pm

Click
Here



FRIDAY

30

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