

MAR

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 please call

Madeleine

Phone: (705) 524-2024 x 245

MONDAY

1

Venez Discuter!
Venez nous joindre pour une
conversation française!
10h30 - 11h00

Click
Here

TUESDAY

2

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

Click
Here



WEDNESDAY

3

NORTH BAY
VIRTUAL SUPPORT GROUP
For Adult Children
6:00pm-8:00pm

THURSDAY

4

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

Click
Here



FRIDAY

5

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



Visit our YouTube Page for games
and exercise videos!



MAR

WEEK OF 8 - 12

ONLINE VIDEO (ZOOM) ACTIVITIES

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MONDAY

8

MONDAY MORNING MEDITATION

Join us to start your day with a
mindfulness meditation

11:00am-11:30am

Click
Here

NORTH BAY VIRTUAL SUPPORT GROUP

For Spouses

1:30pm-3:30pm

SUDBURY ONLINE SUPPORT GROUP

For Adult Children

6:00pm-8:00pm

TUESDAY

9

VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click
Here



WEDNESDAY

10

PICTURE SHOW & TELL

Show us your photos
and tell us your story!

1:00pm-2:00pm

Click
Here

VIRTUAL SUPPORT GROUP NORTH BAY

for Care Partners.

2:00pm-4:00pm

Call Linda for Link
(705) 495-4342 ext. 321

THURSDAY

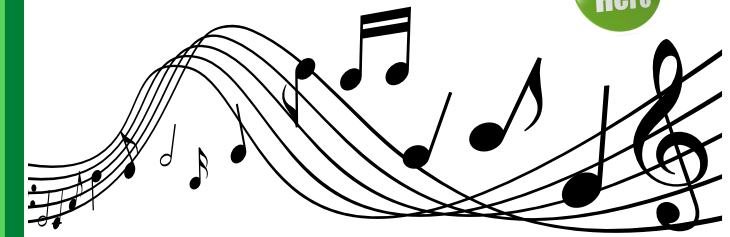
11

GAME HOUR

Join in to play
Name That Tune

1:00pm-2:00pm

Click
Here



FRIDAY

12

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



Société
Alzheimer
Society

MAR

WEEK OF 15-19

ONLINE VIDEO (ZOOM) ACTIVITIES

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group please call

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MONDAY

15

MORNING SOCIAL

Join in for some morning
conversations.

Everyone is welcome!

11:00am-11:30am

Click
Here



TUESDAY

16

VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click
Here



FRIDAY

19

SESSION INFORMATIVE

Introduction à la Démence
et la Communication

11h00 - 12h00

Veillez vous inscrire
en appelant Miguel
au (705) 524-2024 x 266

ou par courriel :

mcheff@alzheimersudbury.ca

VIRTUAL SUPPORT GROUP

For Care Partners of a spouse

1:30pm-3:30pm



WEDNESDAY

17

NORTH BAY VIRTUAL SUPPORT GROUP

For Adult Children

6:00pm-8:00pm

THURSDAY

18

TRIVIA TIME!

Can you guess Who? What?
When? and Where?

1:00pm-2:00pm

Click
Here



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



Virtual

Daytime Learning Series
Tuesdays April 6, 13, 20, 27
1:00pm - 3:00pm



Virtual

Evening Learning Series
Wednesdays April 7, 14, 21, 28
6:00pm - 8:00pm

MAR

WEEK OF
22-26

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group please call

Madeleine

Phone: (705) 524-2024 x 245

MONDAY

22

MONDAY MORNING MEDITATION

Join us to start your day with a
mindfulness meditation

11:00am-11:30am

Click
Here

NORTH BAY VIRTUAL SUPPORT GROUP

For Spouses

1:30pm-3:30pm

SUDBURY VIRTUAL SUPPORT GROUP

For Adult Children

6:00pm-8:00pm

TUESDAY

23

VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click
Here

WEDNESDAY

24

SHOW & TELL
Show us something meaningful
to you and tell us your story!

1:00pm-2:00pm

Click
Here



THURSDAY

25

GAME HOUR
Join in to play a variety
of fun mini games!

1:00pm-2:00pm

Click
Here



FRIDAY

26

VIRTUAL DEMENTIA Q & A
Join us on facebook to ask us
your questions and learn more
about dementia and
Alzheimer's Disease
1:00pm-2:00pm

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



Soci t 
Alzheimer
Society

MAR

WEEK OF 29-2

ONLINE VIDEO (ZOOM) ACTIVITIES

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Madeleine

Phone: (705) 524-2024 x 245

MONDAY

29

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



Click
Here

TUESDAY

30

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

Click
Here

WEDNESDAY

31

NORTH BAY
VIRTUAL SUPPORT GROUP
For Adult Children
6:00pm-8:00pm

THURSDAY

1

STRETCH TO DE-STRESS
Take some time to
stretch and unwind
1:00pm-2:00pm

Click
Here



FRIDAY

2

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



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 (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