

MAR

WEEK OF
28 - 4



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

28

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

Click
Here



TUESDAY

1

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

Click
Here



WEDNESDAY

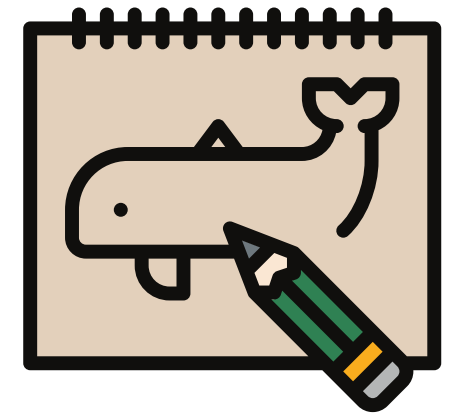
2

THURSDAY

3

DRAWING ACTIVITY
Bring a piece of paper and a
pencil and join us for a
creative session
10:30am-11:30am

Click
Here



FRIDAY

4

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

MAR

WEEK OF 7 - 11



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

7

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

Click
Here



TUESDAY

8

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

Click
Here



WEDNESDAY

9

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



THURSDAY

10

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



FRIDAY

11

Visit our YouTube Page for
activity and exercise videos!



MAR

WEEK OF
14 - 18



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

14

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



TUESDAY

15

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



WEDNESDAY

16

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



THURSDAY

17

FRIDAY

18

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

Zoom
Virtual Learning Series
Wednesday Evenings
April 6, 13, 20, 27
6:00pm to 8:00pm



Zoom
Virtual Learning Series
Friday Mornings
April 8, 15, 22, 29
10:00am to 12:00pm

MAR

WEEK OF
21 - 25



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

21

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

Click
Here



TUESDAY

22

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

23

THURSDAY

24

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



FRIDAY

25

VIRTUAL EDUCATION SESSION
Dementia & Communication
1:00pm - 2:00pm

Please Register by contacting Ava
akeis@alzheimernorthbay.com
(705) 495-4342 ext. 327



Société
Alzheimer
Society

MAR

WEEK OF 28 - APRIL 1



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

28

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



Click
Here

TUESDAY

29

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



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

Click
Here

WEDNESDAY

30

THURSDAY

31

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



FRIDAY

1

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 (Zoom) are in **BLACK**
- Online Video (Zoom) Activities are in **GREEN**
- In-Person groups are in **PURPLE**

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