

# MAY

WEEK OF  
3 - 7



## 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

3

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

Click  
Here



TUESDAY

4

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

Click  
Here



WEDNESDAY

5

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

THURSDAY

6

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

Click  
Here



FRIDAY

7

SUDBURY - DAYTIME  
VIRTUAL SUPPORT GROUP  
For Care Partners  
1:30pm-3:30pm



Visit our YouTube Page for games  
and exercise videos!



# MAY

## WEEK OF 10 - 14



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### MONDAY

10

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



Click  
Here

SUDBURY - EVENING  
VIRTUAL SUPPORT GROUP

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

### TUESDAY

11

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



Click  
Here

### WEDNESDAY

12

NORTH BAY - DAYTIME  
VIRTUAL SUPPORT GROUP

For Care Partners  
2:00pm-4:00pm

### THURSDAY

13

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

Click  
Here



### FRIDAY

14

**SESSION INFORMATIVE**  
Introduction à la Démence  
et la Communication  
11h00 - 12h00

Veuillez vous inscrire  
en appelant Miguel  
au (705) 524-2024 x 266  
ou par courriel :  
[mcheff@alzheimersudbury.ca](mailto:mcheff@alzheimersudbury.ca)



*Société*  
**Alzheimer**  
*Society*

# MAY

WEEK OF  
17-21



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MONDAY

17

### MONDAY MORNING MEDITATION

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

Click  
Here



TUESDAY

18

### VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click  
Here



WEDNESDAY

19

ARMCHAIR TRAVELOGUE  
Explore the world from the  
comfort of your own home!  
11:00am-12:00pm

Click  
Here



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

THURSDAY

20

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

Click  
Here



FRIDAY

21

### SUDBURY - DAYTIME VIRTUAL SUPPORT GROUP

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



We are hosting a  
**Virtual 4 week Learning Series in June.**  
To register, call any one of our offices.



**Virtual**  
**Daytime Learning Series**  
**Wednesdays June 9, 16, 23, 30**  
**1:00pm - 3:00pm**

# MAY

WEEK OF  
24 - 28



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**SUPPORT GROUPS**

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**MONDAY**

**24**

**Our Offices will be closed  
for Victoria Day**



**TUESDAY**

**25**

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

**Click  
Here**

**WEDNESDAY**

**26**

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



**THURSDAY**

**27**

**NAME THAT TUNE  
Play along and guess some songs.  
Everyone is welcome!  
1:00pm-2:00pm**

**Click  
Here**



**FRIDAY**

**28**

*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**