

MAY

WEEK OF
2 - 6



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

2

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

Click
Here



TUESDAY

3

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

Click
Here



WEDNESDAY

4

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



THURSDAY

5

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

Click
Here



FRIDAY

6



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

MAY

WEEK OF
9 - 13



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MONDAY

9

GAME HOUR

Join in to play a variety
of fun mini games!

1:30pm-2:30pm

Click
Here



TUESDAY

10

VIRTUAL

MINDS IN MOTION
Activities & Exercise

1:30pm-3:00pm

Click
Here



WEDNESDAY

11

NORTH BAY - DAYTIME
VIRTUAL SUPPORT GROUP

For Care Partners

2:00pm-4:00pm



THURSDAY

12

ARMCHAIR TRAVELOGUE

Explore the world from the
comfort of your own home!

11:00am-12:00pm

Click
Here



SUDBURY- EVENING
IN-PERSON COFFEE CLUB

For Care Partners and
Persons Living with Dementia

6:00pm-8:00pm

FRIDAY

13

Visit our YouTube Page for
activity and exercise videos!



MAY

WEEK OF
16 - 20



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MONDAY

16

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

Click
Here



TUESDAY

17

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

Click
Here



WEDNESDAY

18

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



THURSDAY

19

FRIDAY

20

We are hosting a virtual learning series in June
To register, call any one of our offices.



ZOOM - VIRTUAL
Virtual Learning Series
Wednesday June 8, 15, 22, 29
10:00am to 12:00pm

MAY

WEEK OF
23 - 27



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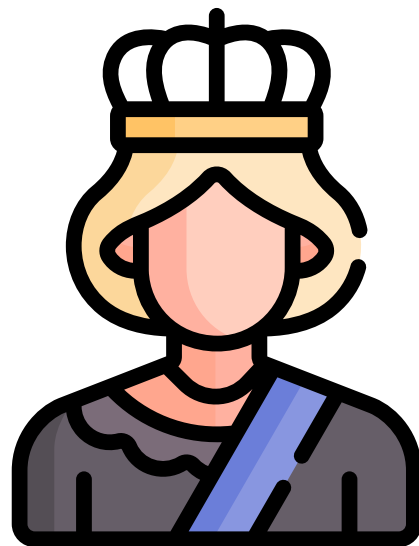
SUPPORT GROUPS

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MONDAY

23

Our offices will be
closed due to
Victoria Day



TUESDAY

24

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

25

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



THURSDAY

26

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



FRIDAY

27

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**
- 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