







In-person Fall 2023 Schedule North Bay

SUPPORT GROUPS

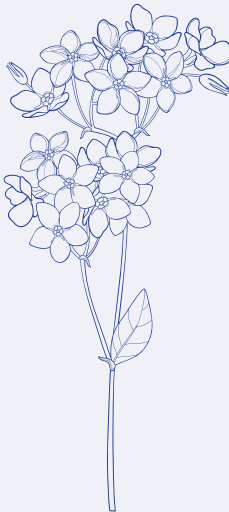
Group & Description	Dates	Time	Location
Coffee Club Support Group This monthly support group is for persons living with dementia (early stages) and their care partners to attend together. The 1st hour is combined and the 2nd hour, care partners and PLWD meet separately.  Registration Required	Group 1 1st Wednesday of the month: October 4 November 1 December 6	 1:00pm - 2:30pm	Alzheimer Society 140 King Street West, North Bay
	Group 2 3rd Wednesday of the month: October 18 November 15 ★ December 13	 6:00pm - 7:30pm	
Care Partner Support Group These groups are for care partners, family members and friends who meet monthly to share, support and learn with others who are living the dementia journey.  Registration Required	Group 1 with Stephanie 4th Tuesday of the month: October 24 November 28 ★ December 19	 6:00pm - 7:30pm	Alzheimer Society 140 King Street West, North Bay (Office building)
	Group 2 with Kaitlynn 4th Tuesday of the month: October 24 November 28 ★ December 19	 6:00pm - 7:30pm	Alzheimer Society 130 King Street West, North Bay (Day Program building)

★Some session dates have been modified to accommodate holidays and special events.



To learn more or to register, please contact us

Telephone (Toll Free):
1-800-407-6369

Email:
education@alzheimersudbury.ca



EDUCATION

Group & Description	Dates	Time	Location
<p>Dementia Learning Series</p> <p>4-week education series designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.</p> <p> Registration Required</p>	<p>Group 1</p> <p>November 7, 14, 21, 28 (Tuesdays)</p>	<p></p> <p>9:00am - 11:00am</p>	<p>The Village</p> <p>100 College Drive, North Bay</p>

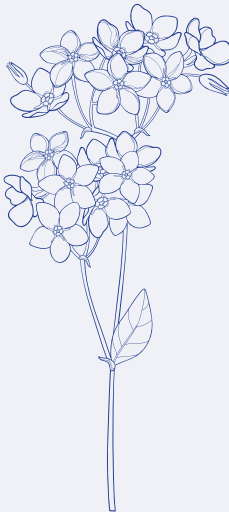
HEALTH PROMOTION







<p>Minds in Motion</p> <p>An 8-week program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p> <p> Registration Required</p>	<p>Group 1</p> <p>November 2, 9, 16, 23, 30 December 7, 14, & 21 (Thursdays)</p>	<p></p> <p>2:30pm - 4:30pm</p>	<p>The Village</p> <p>100 College Drive, North Bay</p>
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	Group & Description	Dates	Time	Location
EDUCATION	<p>Dementia Learning Series</p> <p>4-week education series designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.</p> <p> Registration Required</p>	<p>Virtual Group 1</p> <p>November 8, 15, 22, 29 (Wednesdays)</p>	<p></p> <p>6:00pm - 8:00pm</p>	<p>Video call - Zoom</p> <p>*Link provided upon registration</p>
SUPPORT GROUPS	<p>Care Partner Support Group</p> <p>This group is for care partners, family members and friends who meet virtually each month to share, support and learn with others who are living the dementia journey.</p>	<p>2nd Wednesday of the month:</p> <p>October 11 November 8 December 13</p>	<p></p> <p>2:00pm - 4:00pm</p>	<p>Video call - Zoom</p> <p>https://us06web.zoom.us/j/82871629427 </p>
HEALTH PROMOTION	<p>Exercise & Game Time</p> <p>An ongoing program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p>	<p>Every Tuesday</p>	<p></p> <p>1:30pm - 3:00pm</p>	<p>Video call - Zoom</p> <p>https://us02web.zoom.us/j/7290539028 </p>

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To learn more about zoom and how to join our virtual programs, please contact us.