










In-person Spring 2023 Schedule North Bay

EDUCATION

Group & Description	Dates	Time	Location
Dementia Learning Series 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.  Registration Required	Group 1 April 5, 12, 19, 26 (Wednesdays)	 6:00pm - 8:00pm	Alzheimer Society 140 King Street West, North Bay
	Group 2 May 9, 16, 23, 30 (Tuesdays)	 9:00am - 11:00am	The Village 100 College Drive, North Bay

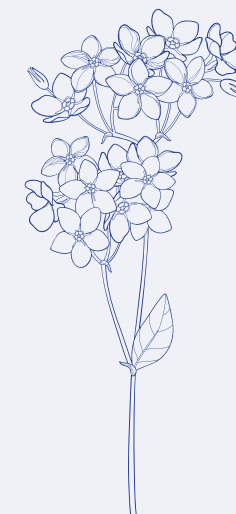
SUPPORT GROUPS

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 each month: April 5 May 3 June 7	 1:00pm - 2:30pm	Alzheimer Society 140 King Street West, North Bay
	Group 2 3rd Wednesday of the month: April 19 May 17 June 21	 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	4th Tuesday of the month: April 25 May 23 June 27	 6:00pm - 7:30pm	Alzheimer Society 140 King Street West, North Bay
	Last Friday of the month: April 28 May 26 June 30 (Bilingual - Franais and English)	 9:00am - 11:00am	WNCHC 68 Michaud St, Sturgeon Falls





To learn more or to register, please contact us

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

Email:
education@alzheimersudbury.ca



In-person Spring 2023 Schedule North Bay





Group & Description	Dates	Time	Location
<p>Minds in Motion 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 April 24 May 1, 8, 29 June 5, 12, 19, 26 (Mondays) *please note that there is no class on May 15 or 22</p>	<p> 10:30am - 12:00pm</p>	<p>250 Clark Street Powassan</p>
<p>Pole Walking Group This group meets weekly at various outdoor locations in North Bay and goes on walks together using walking poles. This is a great way for people living with dementia and their care partners to experience light physical exercise and social stimulation. We provide the poles!</p> <p> Registration Required</p>	<p>Wednesdays May 3, 10, 17, 24, 31 June 7, 14, 21, 28</p>	<p> 10:30am - 11:30am</p>	<p>North Bay *locations provided upon registration</p>

To learn more or to register, please contact us

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

Email:
education@alzheimersudbury.ca



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>Virtual Group 1 May 3, 10, 17, 24 (Wednesdays)</p>	<p> 6:00pm - 8:00pm</p>	<p>Video call - Zoom *Link provided upon registration</p>
<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: April 12 May 10 June 14</p>	<p> 2:00pm - 4:00pm</p>	<p>Video call - Zoom https://us06web.zoom.us/j/82871629427</p>
<p>Minds in Motion</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> 1:30pm - 3:00pm</p>	<p>Video call - Zoom https://us02web.zoom.us/j/7290539028</p>

EDUCATION

SUPPORT GROUPS

HEALTH PROMOTION

To learn more or to register, please contact us:

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

Email:
education@alzheimersudbury.ca



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