









In-person Spring 2024 Schedule North Bay

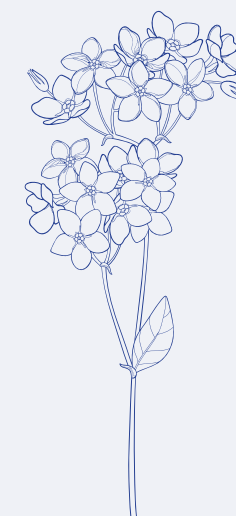
SUPPORT GROUPS

Group & Description	Dates	Time	Location
<p>Coffee Club Support Group</p> <p>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.</p> <p> Registration Required</p>	<p>Group 1</p> <p>3rd Monday of the month:</p> <p>April 15 ★ May 13 June 17</p>	 9:00am - 10:30am	<p>Alzheimer Society 140 King Street West, North Bay</p>
	<p>Group 2</p> <p>3rd Wednesday of the month:</p> <p>April 17 May 15 June 19</p>	 6:00pm - 7:30pm	
<p>Care Partner Support Group</p> <p>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.</p> <p> Registration Required</p>	<p>Group 1</p> <p>1st Wednesday of the month:</p> <p>April 3 May 1 June 5</p>	 1:30pm-3:00pm	<p>Alzheimer Society 140 King Street West, North Bay</p>
	<p>Group 2</p> <p>4th Thursday of the month:</p> <p>April 25 May 23 June 27</p>	 6:00pm - 7:30pm	<p>Alzheimer Society 130 King Street West, North Bay (Day program building)</p>
<p>NEW</p> <p>Care Partner Support Group: Hospital & LTC</p> <p>This group is for care partners, family members, and friends whose loved one is in the hospital or long-term care. The group focuses on the challenges and triumphs of caring for someone in these settings.</p> <p> Registration Required</p>	<p>1st Thursday of the month:</p> <p>April 4 May 2 June 6</p>	 10:00am -11:30am	<p>Alzheimer Society 140 King Street West, North Bay</p>

To learn more or to register, please contact us



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

Email:
info@alzheimernorthbay.com



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

EDUCATION

Group & Description	Dates	Time	Location
<p>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.</p> <p> Registration Required</p>	<p>April 3, 10, 17 & 24 (Wednesdays)</p>	<p> 1:00pm - 3:00pm</p>	<p>The Davedi Club 313 Airport Road, North Bay</p>

HEALTH PROMOTION







<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>May 2, 9, 16, 23, 30, June 6, 13 & 20 (Thursdays)</p>	<p> 2:30pm - 4:30pm</p>	<p>The Village 100 College Drive, North Bay</p>
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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>June 6, 13, 20 & 27 (Thursdays)</p>	<p> 10:00am - 12:00pm</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:</p> <p>April 10 May 8 June 12</p>	<p> 2:00pm - 4:00pm</p>	<p>Video call - Zoom https://us06web.zoom.us/j/82871629427 </p>
<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> 1:30pm - 2:30pm</p>	<p>Video call - Zoom 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.