








In-person Winter 2023 Schedule North Bay

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>January 25, February 1, 8, 15 (Wednesday)</p>	<p> 1:00pm - 3:00pm</p>	<p>Alzheimer Society 140 King Street West, North Bay</p>

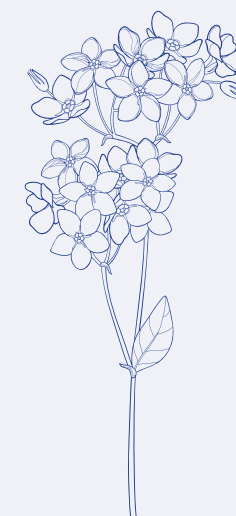
SUPPORT GROUPS

<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 1st Wednesday of each month: January 4 February 1 March 1</p>	<p> 6:00pm - 8:00pm</p>	<p>Alzheimer Society 140 King Street West, North Bay</p>
	<p>Group 2 3rd Wednesday of the month: January 18 February 15 March 15</p>		<p>Alzheimer Society 140 King Street West, North Bay</p>
<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>4th Tuesday of the month: January 24 February 28 March 28</p>	<p> 6:00pm - 8:00pm</p>	<p>Alzheimer Society 140 King Street West, North Bay</p>
	<p>Last Friday of the month: January 27 February 24 March 31 (Bilingual - Franais and English)</p>		<p> 9:00am - 11:00am</p>

To learn more or to register, please contact us






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

Email:
education@alzheimersudbury.ca



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HEALTH PROMOTION

Group & Description	Dates	Time	Location
<p>Minds in Motion</p> <p>A 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 January 9, 16, 23, 30 February 6, 13 (Mondays)</p>	<p> 10:30am - 12:00pm</p>	<p><u>250 Clark Street</u> Powassan</p>
	<p>Group 2 January 19, 26, February 2, 9, 16 (Thursdays)</p>	<p> 2:30pm - 4:00pm</p>	<p><u>The Village</u> 100 College Drive, North Bay</p>
	<p>Group 3 February 27, March 6, 13, 20, 27, April 3 (Mondays)</p>	<p> 10:30am - 12:00pm</p>	<p><u>250 Clark Street</u> Powassan</p>
	<p>Group 4 March 2, 9, 16, 23, 30, April 6 (Thursdays)</p>	<p> 2:30pm - 4:00pm</p>	<p><u>The Village</u> 100 College Drive, North Bay</p>












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Virtual Winter 2023 Schedule

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	Virtual Group 1 January 4, 11, 18, 25 (Wednesdays)	 6:00pm - 8:00pm	Video call - Zoom *Link provided upon registration
	Virtual Group 2 March 3, 10, 17, 24 (Fridays)	 10:00am - 12:00pm	
Care Partner Support Group 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.	2nd Wednesday of the month: January 11, February 8, March 8	 2:00pm - 4:00pm	Video call - Zoom https://us06web.zoom.us/j/82871629427 
Groupe de soutien pour partenaire de soins Destiné aux partenaires de soins et aux familles touchées par la démence, ce groupe se rencontre de façon virtuelle chaque mois pour partager leurs expériences et s'entraider.	2ieme lundi de tous les mois Le 9 janvier, 13 février et 13 mars	 13h00 à 15h00	Appel vidéo - Zoom https://us06web.zoom.us/j/88641452745 
Minds in Motion An ongoing program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.	Every Tuesday	 1:30pm - 3:00pm	Video call - Zoom https://us02web.zoom.us/j/7290539028 
Game time A 30 minute program that includes social and cognitive stimulation for persons living with dementia.	January 18 February 1, 15 March 1, 15, 29 (Wednesdays)	 1:30pm - 2:00pm	
Fitness Time A 30 minute physical activity program that includes stretches and exercise for persons living with dementia.	January 11, 25 February 8, 22 March 8, 22 (Wednesdays)	 1:30pm - 2:00pm	

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SUPPORT GROUPS

HEALTH PROMOTION

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