







# In-person Winter 2024 Schedule North Bay

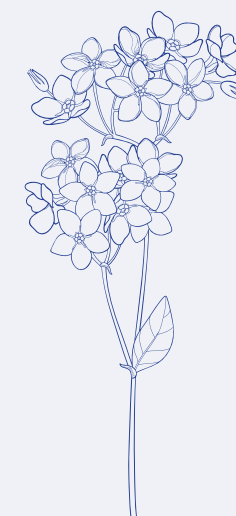
SUPPORT GROUPS

Group & Description	Dates	Time	Location
<p><b>Coffee Club Support Group</b></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> <b>Registration Required</b></p>	<p><b>Group 1</b></p> <p>3rd <b>Monday</b> of the month:</p> <p>January 15 ★ February 12 March 18</p>	<p></p> <p>9:00am - 10:30am</p>	<p><b>Alzheimer Society</b> 140 King Street West, North Bay</p>
	<p><b>Group 2</b></p> <p>3rd <b>Wednesday</b> of the month:</p> <p>January 17 February 21 March 20</p>	<p></p> <p>6:00pm - 7:30pm</p>	
<p><b>Care Partner Support Group</b></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> <b>Registration Required</b></p>	<p><b>Group 1</b></p> <p>1st <b>Wednesday</b> of the month:</p> <p>January 3 February 7 March 6</p>	<p></p> <p>1:30pm-3:00pm</p>	<p><b>Alzheimer Society</b> 140 King Street West, North Bay</p>
	<p><b>Group 2</b></p> <p>4th <b>Thursday</b> of the month:</p> <p>January 25 February 22 March 28</p>	<p></p> <p>6:00pm - 7:30pm</p>	<p><b>Alzheimer Society</b> 130 King Street West, North Bay  (Day program building)</p>

**To learn more or to register, please contact us**

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

Email:  
education@alzheimersudbury.ca





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

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EDUCATION

Group & Description	Dates	Time	Location
<p><b>Dementia Learning Series</b> 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> <b>Registration Required</b></p>	<p><b>Group 1</b> February 7, 14, 21, 28 (Wednesdays)</p>	<p> 10:00am - 12:00pm</p>	<p><b>The Davedi Club</b> 313 Airport Road, North Bay</p>
	<p><b>Group 2</b> March 4, 11, 18, 25 (Mondays)</p>	<p> 6:00pm - 8:00pm</p>	<p><b>The Village</b> 100 College Drive North Bay</p>

HEALTH PROMOTION








<p><b>Minds in Motion</b> An 8-week program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p> <p> <b>Registration Required</b></p>	<p><b>Group 1</b> January 11, 18, 25 February 1, 8, 15, 22, 29 (Thursdays)</p>	<p> 2:30pm - 4:30pm</p>	<p><b>The Village</b> 100 College Drive, North Bay</p>
	<p><b>Group 2</b> March 7, 14, 21, 28 April 4, 11, 18, 25 (Thursdays)</p>		

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Group & Description	Dates	Time	Location
<p><b>Dementia Learning Series</b></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> <b>Registration Required</b></p>	<p><b>Virtual Group 1</b> January 10, 17, 24, 31 (Wednesdays)</p> <p><b>Virtual Group 2</b> February 8, 15, 22, 29 (Thursdays)</p>	<p> 6:00pm - 8:00pm</p> <p> 10:00am - 12:00pm</p>	<p><b>Video call - Zoom</b> *Link provided upon registration</p>
<p><b>Care Partner Support Group</b></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 <b>Wednesday</b> of the month: January 10 February 14 March 13</p>	<p> 2:00pm - 4:00pm</p>	<p><b>Video call - Zoom</b> <a href="https://us06web.zoom.us/j/82871629427">https://us06web.zoom.us/j/82871629427</a> </p>
<p><b>Exercise &amp; Game Time</b></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><b>Every Tuesday</b></p>	<p> 1:30pm - 3:00pm</p>	<p><b>Video call - Zoom</b> <a href="https://us02web.zoom.us/j/7290539028">https://us02web.zoom.us/j/7290539028</a> </p>

EDUCATION

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