

Education and Support Groups (NORTH BAY) Fall 2022 Schedule

Group	Description	Time	Location	Date	
Evening Learning Series	A 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, behavioural changes and supports to help along the journey.	6:00pm – 8:00pm	VIRTUAL – On Zoom (Link provided upon registration)	October 12, 19, 26 November 2 (Wednesdays)	
			IN-PERSON Alzheimer Society 130 King Street West, North Bay	November 9, 16, 23, 30 (Wednesdays)	
Daytime Learning Series		1:00pm – 3:00pm	VIRTUAL - On Zoom (Link provided upon registration)	November 7, 14, 21, 28 (Mondays)	
Evening Coffee Club Support Group	This support group is for persons living with dementia (early stages) and their care partners to attend together. The 1 st hour is combined and the 2 nd hour, care partners and PLWD meet separately.	6:00pm – 8:00pm	Alzheimer Society 130 King Street West North Bay	Group 1	Group 2
				October 5 November 2 December 7 (Wednesdays)	October 19 November 16 December 21 (Wednesdays)
Daytime Support Group	This group is for <u>care partners, family members and friends</u> who meet monthly to share, support and learn with others who are living the dementia journey.	2:00pm – 4:00pm	VIRTUAL - On Zoom : https://us06web.zoom.us/j/82871629427	October 12 November 9 December 14 (Wednesdays)	
Evening Support Group		6:00pm – 8:00pm	Alzheimer Society 130 King Street West North Bay	October 25 November 22 December 27 (Tuesdays)	

TO LEARN MORE OR TO SIGN UP PLEASE CONTACT:

LEARNING SERIES & MINDS IN MOTION

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SUPPORT GROUPS

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Health Promotion (NORTH BAY) Fall 2022 Schedule

Group	Description	Time	Location	Date
In-person 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.	2:30pm – 4:00pm	The Village 100 College Drive, North Bay	October 13, 20, 27 November 3, 10, 17, 24 December 1 (Thursdays)
	\$20.00/ Couple (covers entire 8 weeks)	10:30am – 12:00pm	250 Clark Street Powassan	October 17, 24, 31 November 7, 14, 21, 28 December 5 (Mondays)
VIRTUAL Minds in Motion®	An on-going program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners. FREE of charge No registration required	1:30pm – 3:00pm	On Zoom https://us02web.zoom.us/j/7290539028	Every Tuesday No registration required
Esprit en action® Sessions virtuelle En français	Un programme de 8 semaines qui combine l'activité physique avec la stimulation sociale et cognitive pour les personnes atteintes de démence et leurs partenaires de soins. Gratuit! Inscription requise	13h00 – 14h30	Sur la plateforme Zoom <i>Lien fourni lors de l'inscription</i>	Septembre 12, 19, 26 Octobre 3,17,24,31 Novembre 7 (Lundi)
Virtual Health Promotion Activities	Access a variety of virtual exercises, games, and social groups. Such as: Trivia, Morning Social, art activities and much more	To access our virtual calendar please visit our website at www.alzheimersudbury.ca You can also ask your First Link Care Navigator or call any of our offices.		

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