

NOV

WEEK OF 2 - 8

MONDAY

2

IN PERSON ACTIVITIES
Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

ONLINE VIDEO (ZOOM) ACTIVITIES-
click on the link to access or visit
<https://us02web.zoom.us/j/7290539028>

SUPPORT GROUPS
To register for a support group please call Jessica
Phone:(705) 524-2024 x 232

TUESDAY

3

MINDS IN MOTION
Activities & Exercise
1:30pm-3:00pm

Click Here

WEDNESDAY

4

GAME HOUR!
Join in to play a variety of fun mini games!
1:00pm-2:00pm

Click Here

THURSDAY

5

SHOW AND TELL
Show us an item in your home and share your story
11:00 AM - 12:00 PM

Click Here

FRIDAY

6

ONLINE SUPPORT GROUP
For Care Partners of a spouse
1:30pm-3:30pm

IN-PERSON ART SESSION
Maryse's Creative Corner
(Sturgeon Falls)
10:00am - 11:30am

Call Maryse to register :
705-495-4342 ext.327

LEARNING SERIES - Session 1
(Registration Required)
10:00am to 12:00pm

SATURDAY

7

As social distancing measures continue, we ask for your patience and cooperation as we focus on proceeding safely for our clients and staff.

THANK

YOU

SUNDAY

8

Visit our YouTube Page for brain games and exercise videos!



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NOV

WEEK OF 9 - 15

IN PERSON ACTIVITIES
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SUPPORT GROUPS
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Phone:(705) 524-2024 x 232

MONDAY

9

CHAIR YOGA with Janet!
11:00am-12:00pm

Click Here

TUESDAY

10

MINDS IN MOTION
Activities & Exercise
1:30pm-3:00pm

Click Here

WEDNESDAY

11

TRIVIA TIME!
Can you guess Who? What?
When? Where?
1:00pm - 2:00 pm

Click Here

ONLINE SUPPORT GROUP
NORTH BAY
for Care Partners.
Call Linda for Link
(705) 495-4342.
2:00pm-4:00pm



THURSDAY

12

Information session on
HEALTHY AGING
with Taylor
from North Bay Public Health
1:00pm-2:00pm

Click Here

FRIDAY

13

ONLINE SUPPORT GROUP
For Care Partners of a spouse
1:30pm-3:30pm

IN-PERSON ART SESSION
Maryse's Creative Corner
(Sturgeon Falls)
10:00am - 11:30am

Call Maryse to register :
705-495-4342 ext.327

LEARNING SERIES - Session 2
(Registration Required)
10:00am to 12:00pm

SATURDAY

14

SUNDAY

15

We honour those who
have given their lives
serving Canadians and
helping people of
other nations



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NOV

WEEK OF 16 - 22

MONDAY

16

MORNING SOCIAL!
Join in for some conversation.
Everyone is welcome!
11:00am-12:00pm

Click Here

IN PERSON ACTIVITIES
Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

ONLINE VIDEO (ZOOM) ACTIVITIES-
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SUPPORT GROUPS
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Phone:(705) 524-2024 x 232

TUESDAY

17

MINDS IN MOTION
Activities & Exercise
1:30pm-3:00pm

Click Here

SATURDAY

21

ONLINE SUPPORT GROUP
For Care Partners of a spouse
1:30pm-3:30pm



LEARNING SERIES - Session 3
(Registration Required)
10:00am to 12:00pm

WEDNESDAY

18

In-person North Bay
MINDS IN MOTION
Activities and Exercise
1:30pm - 3:00pm
Call Maryse to register :
705-495-4342 ext.327

SUNDAY

22

Our next 4 week
Learning Series will be
hosted in December.
To Register Call any one
of our offices.



THURSDAY

19

EDUCATION SESSION
Dementia & Communication
1:00pm - 2:00pm
Please Register by clicking on the
Link below or Call
Miguel (705) 524-2024 x 266



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NOV

WEEK OF
23 - 29

IN PERSON ACTIVITIES

Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

ONLINE VIDEO (ZOOM) ACTIVITIES-

click on the link to access or visit
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SUPPORT GROUPS

To register for a support group please call Jessica
Phone:(705) 524-2024 x 232

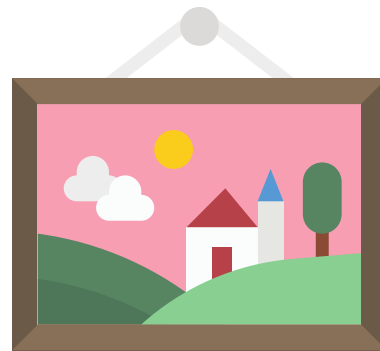
MONDAY

23

PICTURE SHOW AND TELL

Show us a photo and share your story
11:00 AM - 12:00 PM

Click Here



LEARNING SERIES - Session 1
(Registration Required)
6:00pm to 8:00pm

TUESDAY

24

MINDS IN MOTION

Activities & Exercise
1:30pm-3:00pm

Click Here

In person SUPPORT GROUP for Care Partners (Sudbury)
Morning group : 10:00am-12:00pm
Afternoon group : 1:30pm - 3:30pm

Call Jessica to register :
705-524-2024 ext.232

WEDNESDAY

25

In-person North Bay MINDS IN MOTION
Activities and Exercise
1:30pm - 3:00pm
Call Maryse to register :
705-495-4342 ext.327

In person SUPPORT GROUP for Care Partners and their loved one living with dementia (Sudbury)
6:00pm to 8:00pm

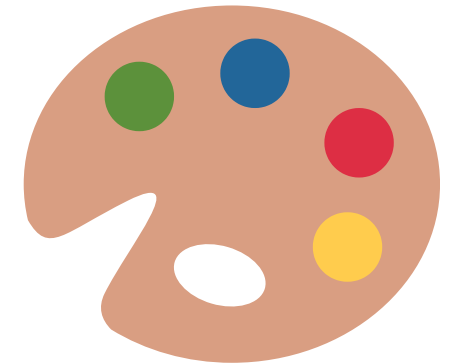
Call Jessica to register :
705-524-2024 ext.232

THURSDAY

26

IN-PERSON ART SESSION
Maryse's Creative Corner (North Bay)
10:00am- 11:30 PM

Call Maryse to register :
705-495-4342 ext.327



FRIDAY

27

ONLINE SUPPORT GROUP For Care Partners of a spouse
1:30pm-3:30pm

LEARNING SERIES - Session 4
(Registration Required)
10:00am to 12:00pm

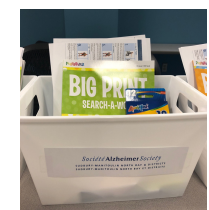
SATURDAY

28

SATURDAY

28

Would you like an in-home activation kit for your loved one? Call our office today!



NOV

WEEK OF 30-6

IN PERSON ACTIVITIES

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ONLINE VIDEO (ZOOM) ACTIVITIES-

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or visit

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SUPPORT GROUPS

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Phone:(705) 524-2024 x 232

MONDAY

30

MORNING SOCIAL!

Join in for some conversation.

Everyone is welcome!

11:00am-12:00pm

Click Here

LEARNING SERIES - Session 2

(Registration Required)

6:00pm to 8:00pm

TUESDAY

1

MINDS IN MOTION

Activities & Exercise

1:30pm-3:00pm

Click Here

WEDNESDAY

2

In-person North Bay

MINDS IN MOTION

Activities and Exercise

1:30pm - 3:00pm

Call Maryse to register :

705-495-4342 ext.327

THURSDAY

3

TRIVIA TIME!

Can you guess Who? What?

When? Where?

1:00pm - 2:00 pm

Click Here

FRIDAY

4

ONLINE SUPPORT GROUP

For Care Partners of a spouse

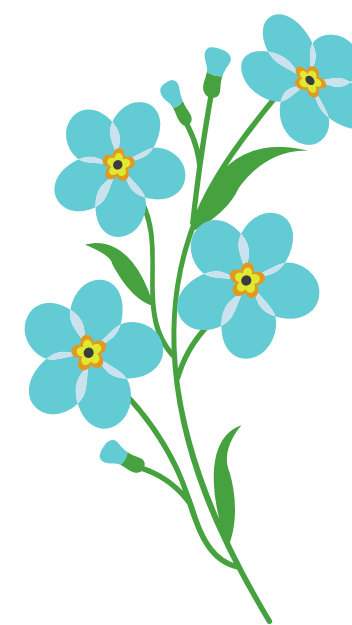
1:30pm-3:30pm

SATURDAY

5

SUNDAY

6



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ADDITIONAL RESOURCES

Follow our YouTube Page for additional activities, exercise videos and more.



To Register for our 4-Week Learning Series please contact your First Link Care Navigator_

Please Note: Schedule of activities is organized by color

- Education sessions are in BLUE
- Support Groups (in-person and online) are in BLACK
- Online Video (Zoom) Activities are in GREEN

We are available Monday- Friday from 8am-4pm, please contact one of our offices:

Sudbury Office

(705) 560-0603

info@alzheimersudbury.ca

Manitoulin Island Office

1-800-407-6369

info@alzheimersudbury.ca

North Bay Office

(705) 495-4342

info@alzheimernorthbay.com