

OCT

WEEK OF
4 - 8



ONLINE VIDEO (ZOOM) ACTIVITIES

click on the link to
access or visit

[https://us02web.zoom.us/j/
7290539028](https://us02web.zoom.us/j/7290539028)



SUPPORT GROUPS

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

MONDAY

4

MORNING SOCIAL
Join in for some morning
conversations.
Everyone is welcome!
11:00am-11:30am

Click
Here



TUESDAY

5

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

Click
Here



WEDNESDAY

6

THURSDAY

7

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

Click
Here



FRIDAY

8

SUDBURY - DAYTIME
VIRTUAL SUPPORT GROUP
For Care Partners
1:30pm-3:30pm



**New to the Zoom platform and not
sure where to start?**

To learn more about zoom and how to join our virtual
activities, please contact **Miguel** at
705-524-2024 ext. 266 or
mcheff@alzheimersudbury.ca

OCT

WEEK OF 11 - 15



**ONLINE VIDEO
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MONDAY

11

All of our Offices are
closed for Thanksgiving



TUESDAY

12

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

Click
Here



WEDNESDAY

13

NORTH BAY - DAYTIME
VIRTUAL SUPPORT GROUP

For Care Partners
2:00pm-4:00pm



NORTH BAY - EVENING
VIRTUAL SUPPORT GROUP

For Care Partners
6:00pm-8:00pm

THURSDAY

14

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

Click
Here



FRIDAY

15

Visit our YouTube Page for games
and exercise videos!



OCT

WEEK OF
18 - 22



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MONDAY

18

Venez Discuter!
Venez nous joindre pour une
conversation française!
11h00 - 11h30

Click
Here



TUESDAY

19

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

Click
Here

WEDNESDAY

20

IN-PERSON
SUDBURY- EVENING
COFFEE CLUB
For Care Partners and
Persons Living with Dementia
6:00pm-8:00pm

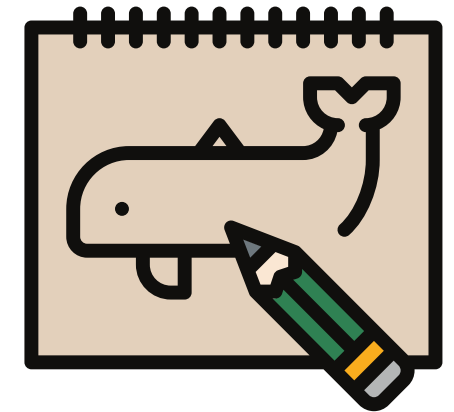
IN-PERSON
NORTH BAY- EVENING
COFFEE CLUB
For Care Partners and
Persons Living with Dementia
6:00pm-8:00pm

THURSDAY

21

DRAWING ACTIVITY
Bring a piece of paper and a
pencil and join us for a
creative session
1:00pm-2:00pm

Click
Here



FRIDAY

22

VIRTUAL EDUCATION SESSION
Dementia & Communication
1:00pm - 2:00pm

Please Register by calling
Ava (705) 495-4342 ext. 327



We are hosting a
Virtual 4 week Learning Series in November.
To register, call any one of our offices.



Virtual
Evening Learning Series
Tuesdays November 9, 16, 23, 30
6:00pm - 8:00pm

OCT

WEEK OF 25 - 29



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MONDAY

25

MONDAY MORNING MEDITATION

Join us to start your day with
a mindfulness meditation

11:00am-11:30am

Click
Here



TUESDAY

26

VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click
Here

IN-PERSON SUDBURY- EVENING SUPPORT GROUP

For Care Partners
6:00pm-8:00pm

WEDNESDAY

27

NORTH BAY - DAYTIME VIRTUAL SUPPORT GROUP

For Care Partners

2:00pm-4:00pm



NORTH BAY - EVENING VIRTUAL SUPPORT GROUP

For Care Partners

6:00pm-8:00pm

THURSDAY

28

HALLOWEEN GAME HOUR

Join in to play a variety
of fun Halloween themed

mini games!

1:00pm-2:00pm

Click
Here



FRIDAY

29

Société
Alzheimer
Society

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 (Zoom) are in **BLACK**
- Online Video (Zoom) Activities are in **GREEN**
- In-Person groups are in **PURPLE**

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