

OCTOBER VIRTUAL ACTIVITIES

Société Alzheimer Society

MONDAY



To learn how to join our virtual activities, please contact: Elana | Toll-free 1-800-407-6369 | eklingspohn@alzheimernorthbay.com

To access the activities please click on the following link:

<https://us02web.zoom.us/j/7290539028>



TUESDAY

MINDS IN MOTION

Activities & Exercise

1:30pm - 3:00pm

(CLICK HERE)



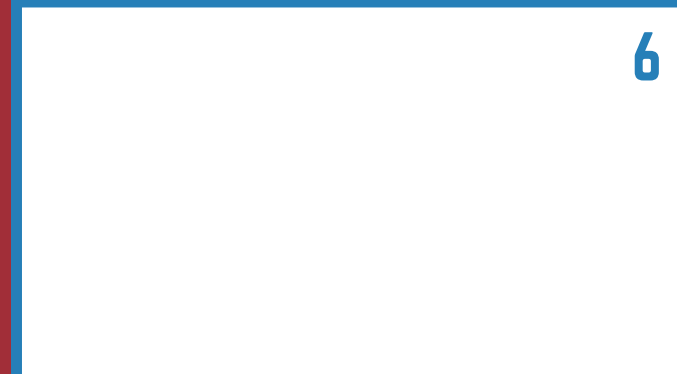
4

WEDNESDAY



5

THURSDAY



6

FRIDAY

MORNING SOCIAL

Come and chat with us!

11am - 11:30am

(CLICK HERE)



7



All of our offices will be closed for Thanksgiving

10

MINDS IN MOTION

Activities & Exercise

1:30pm - 3:00pm

(CLICK HERE)



11

DAYTIME SUPPORT GROUP

for Care Partners

2:00pm - 4:00pm

(<https://us06web.zoom.us/j/82871629427>)



12



13



14

MATINÉE SOCIALE

Venez jaser avec nous!

11h00 à 11h30

(APPUYER ICI)



17

MINDS IN MOTION

Activities & Exercise

1:30pm - 3:00pm

(CLICK HERE)



18



19

20

FITNESS DANCE

Stay active while dancing!

10:30am - 11am

(CLICK HERE)



21

BALANCE EXERCISES

Help strengthen your muscles!

11:00am - 11:30am

(CLICK HERE)



24

MINDS IN MOTION

Activities & Exercise

1:30pm - 3:00pm

(CLICK HERE)



25

GAME HOUR

Come play a variety of mini games!

10 am - 11:00am

(CLICK HERE)



26

Our next Virtual 4-week Learning Series is taking place in November. To register, call our toll-free number 1-800-407-6369.



ZOOM

Mondays - November 7, 14, 21 & 28

1:00pm to 3:00pm

NOVEMBER VIRTUAL ACTIVITIES

Société Alzheimer Society

MONDAY



TUESDAY

MINDS IN MOTION

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

([CLICK HERE](#))



WEDNESDAY

SHOW & TELL

Show us an item and share your story!
1:00pm - 1:30pm

([CLICK HERE](#))



THURSDAY

FRIDAY

7

MINDS IN MOTION

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

([CLICK HERE](#))



9

DAYTIME SUPPORT GROUP

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

(<https://us06web.zoom.us/j/82871629427>)



10

MORNING SOCIAL

Come and chat with us!
10:00am - 10:30am

([CLICK HERE](#))



11



14

MINDS IN MOTION

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

([CLICK HERE](#))



16

FITNESS DANCE

Stay active while dancing!
1:00pm - 1:30pm

([CLICK HERE](#))



17

GAME HOUR

Come play a variety of mini games!!
11:00am - 12:00pm

([CLICK HERE](#))



21

MATINÉE SOCIALE

Venez jaser avec nous!
11h00 à 11h30

([APPUYER ICI](#))



22

MINDS IN MOTION

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

([CLICK HERE](#))



23

BALANCE EXERCISES

Help strengthen your muscles!
1:00pm - 1:30pm

([CLICK HERE](#))



24

25



28



29

MINDS IN MOTION

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

([CLICK HERE](#))



30



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DECEMBER VIRTUAL ACTIVITIES

Soci  t   Alzheimer Society

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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1

HOLIDAY TRADITIONS

Share your favorite Holiday Tradition!
10:30am - 11:00am
([CLICK HERE](#))



2

5



MINDS IN MOTION

Activities & Exercise
1:30pm - 3:00pm
([CLICK HERE](#))



6

CHRISTMAS FITNESS DANCE

Stay active while dancing!
1:00pm - 1:30pm
([CLICK HERE](#))



7

8

NAME THAT CHRISTMAS TUNE

Play along and guess some tunes!
11:00am - 12:00pm
([CLICK HERE](#))



9

12

MINDS IN MOTION

Activities & Exercise
1:30pm - 3:00pm
([CLICK HERE](#))



13

DAYTIME SUPPORT GROUP

for Care Partners
2:00pm - 4:00pm
(<https://us06web.zoom.us/j/82871629427>)



14

15

CHRISTMAS TRIVIA

Join us for a holiday themed trivia!
11:00am - 12:00pm
([CLICK HERE](#))



16

19

CHRISTMAS GAME HOUR

Come play a variety of mini games
10:30am - 11:30am
([CLICK HERE](#))



20

MINDS IN MOTION

Activities & Exercise
1:30pm - 3:00pm
([CLICK HERE](#))



21

22



23