

JAN

WEEK OF
3 - 7



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

3



OUR OFFICES ARE
CLOSED

TUESDAY

4

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

Click
Here



WEDNESDAY

5

THURSDAY

6

MORNING MEDITATION
Join us to start your day with
a mindfulness meditation
11:00am-11:30am

Click
Here



FRIDAY

7

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

JAN

WEEK OF 10 - 14



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SUPPORT GROUPS

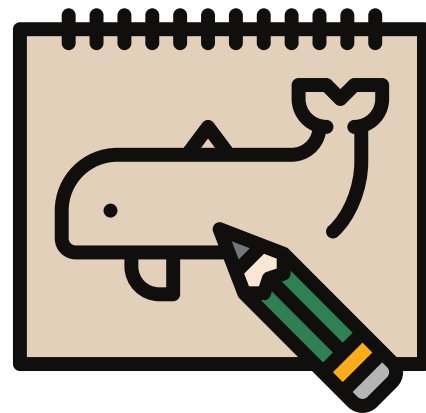
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MONDAY

10

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

Click
Here



TUESDAY

11

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

Click
Here



WEDNESDAY

12

NORTH BAY - DAYTIME
VIRTUAL SUPPORT GROUP
For Care Partners
2:00pm-4:00pm



THURSDAY

13

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

Click
Here

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



FRIDAY

14

Visit our YouTube Page for
activity and exercise videos!



JAN

WEEK OF
17 - 21



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MONDAY

17

[Venez Discuter!](#)
[Venez nous joindre pour une](#)
[conversation française!](#)
[11h00 - 11h30](#)

Click
Here



TUESDAY

18

[VIRTUAL](#)
[MINDS IN MOTION](#)
[Activities & Exercise](#)
[1:30pm-3:00pm](#)

Click
Here



WEDNESDAY

19

[NORTH BAY- EVENING](#)
[VIRTUAL COFFEE CLUB](#)
[For Care Partners and](#)
[Persons Living with Dementia](#)
[6:00pm-8:00pm](#)



THURSDAY

20

[VIRTUAL](#)
[MINDS IN MOTION](#)
[Activities & Exercise](#)
[1:30pm-3:00pm](#)

Click
Here



FRIDAY

21

We are hosting two [Learning Series Groups](#) in february
To register, call any one of our offices.

North Bay
In-person Learning Series
Thursday Evenings
February 3, 10, 17, 24
6:00pm to 8:00pm



Zoom
Virtual Learning Series
Tuesday Mornings
February 1, 8, 15, 22
10:00am to 12:00pm

JAN

WEEK OF
24 - 28



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SUPPORT GROUPS

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MONDAY

24

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

Click
Here



TUESDAY

25

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

Click
Here



NORTH BAY - EVENING
VIRTUAL SUPPORT GROUP
For Care Partners
6:00pm-8:00pm

WEDNESDAY

26

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

Click
Here



THURSDAY

27

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

Click
Here



SUDBURY- EVENING
Virtual Support Group
For Care Partners
6:00pm-8:00pm

FRIDAY

28

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