

SEPT

WEEK OF
5 - 9



**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

5



All of our offices will
be closed due to
Civic Holiday

TUESDAY

6

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

Click
Here



WEDNESDAY

7

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



THURSDAY

8

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



FRIDAY

9



**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

SEPT

WEEK OF 12 - 16



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MONDAY

12

Morning Social!
Join us for some good
conversations!
11:00am - 11:30am

Click
Here



TUESDAY

13

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

Click
Here



WEDNESDAY

14

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



THURSDAY

15

FITNESS DANCE
Stay active while learning
new moves and listening
to some good tunes!
1:00pm-2:00pm



FRIDAY

16

Société
Alzheimer
Society

Visit our YouTube Page for
activity and exercise videos!



SEPT

WEEK OF
19 - 23



ONLINE VIDEO (ZOOM) ACTIVITIES

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MONDAY

19

Drawing Activity
Grasp a pencil and a paper to
unleash your creative side!
11:00am - 12:00pm



Click
Here

TUESDAY

20

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



Click
Here

WEDNESDAY

21

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



THURSDAY

22

GAME HOUR
Join in to play a variety
of fun mini games!
10:00am-11:00am



Click
Here

FRIDAY

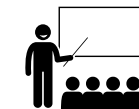
23

Soci t 
Alzheimer
Society

Our next Learning Series Sessions are taking place in October
To register, call any one of our offices.



Virtual - Zoom
Wednesdays October 12, 19, 26
November 2
6:00pm to 8:00pm



In-person Sudbury
Fridays October 14, 21, 28
November 4
10:00am to 12:00pm

SEPT

WEEK OF
26 - 30



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MONDAY

26

Venez Discuter!
Joignez nous pour une bonne
conversation!
11:00am - 11:30am

Click
Here



TUESDAY

27

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

Click
Here



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

WEDNESDAY

28



THURSDAY

29

SUDBURY- EVENING
IN-PERSON SUPPORT GROUP
For Care Partners
6:00pm-8:00pm



FRIDAY

30



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 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**