

## Education and Support Groups (SUDBURY) Fall 2022 Schedule

| Group                                            | Description                                                                                                                                                                                                                                                  | Time              | Location                                                                   | Date                                                             | <p style="text-align: center;"><b>TO LEARN MORE OR TO SIGN UP<br/>PLEASE CONTACT:</b></p> <p style="text-align: center;"><b><u>LEARNING SERIES &amp;<br/>MINDS IN MOTION</u></b></p> <p style="text-align: center;"><b>Miguel Cheff</b><br/>Public Education &amp; Health Promotion<br/>Facilitator</p> <p style="text-align: center;">Phone: 705-524-2024 ext. 266<br/>Email: <a href="mailto:mcheff@alzheimersudbury.ca">mcheff@alzheimersudbury.ca</a></p> <p style="text-align: center;"><b><u>SUPPORT GROUPS</u></b></p> <p style="text-align: center;"><b>Jessica Bertuzzi</b><br/>Public Relations &amp; Education Manager<br/>Phone: 705-524-2024 ext. 232<br/>Email: <a href="mailto:jbortuzzi@alzheimersudbury.ca">jbortuzzi@alzheimersudbury.ca</a></p> |
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| <b>Evening<br/>Learning Series</b>               | <p>A 4-week education series designed for care partners and persons wanting to learn more about dementia.</p> <p>It provides a comprehensive overview of dementia, communication strategies, behavioural changes and supports to help along the journey.</p> | 6:00pm – 8:00pm   | <b>VIRTUAL – On Zoom</b><br>(Link provided upon registration)              | <b>October 12, 19, 26<br/>November 2</b><br>(Wednesdays)         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Daytime<br/>Learning Series</b>               |                                                                                                                                                                                                                                                              | 1:00pm – 3:00pm   | <b>VIRTUAL – On Zoom</b><br>Alzheimer Society                              | <b>November<br/>7, 14, 21, 28</b><br>(Mondays)                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                  |                                                                                                                                                                                                                                                              | 10:00am – 12:00pm | <b>IN-PERSON<br/>Alzheimer Society</b><br>960B Notre Dame Ave, Sudbury     | <b>October 14, 21, 28<br/>November 4</b><br>(Fridays)            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Evening<br/>Coffee Club<br/>Support Group</b> | This support group is for persons living with dementia (early stages) and their care partners to attend together. The 1 <sup>st</sup> hour is combined and the 2 <sup>nd</sup> hour, care partners and PLWD meet separately.                                 | 6:00pm – 8:00pm   | <b>IN-PERSON<br/>Alzheimer Society</b><br>960B, Notre Dame Ave.<br>Sudbury | <b>October 13<br/>November 10<br/>December 8</b><br>(Thursdays)  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Daytime<br/>Support Group</b>                 | <p>This group is for <u>care partners, family members and friends</u> who meet monthly to share, support and learn with others who are living the dementia journey.</p>                                                                                      | 10:00am – 12:00pm |                                                                            | <b>October 11<br/>November 8<br/>December 13</b><br>(Tuesdays)   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Evening<br/>Support Group</b>                 |                                                                                                                                                                                                                                                              | 6:00pm – 8:00pm   |                                                                            | <b>October 27<br/>November 24<br/>December 29</b><br>(Thursdays) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

## Health Promotion (SUDBURY) Fall 2022 Schedule

| Group                                                         | Description                                                                                                                                                                                                         | Time                                                                                                                                                                                                               | Location                                                                                                  | Date                                                                                          |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>IN-PERSON</b><br>Minds in Motion®                          | An 8-week program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.<br><br><b>\$20.00/ Couple</b><br>(covers entire 8 weeks)          | 2:30pm – 4:00pm                                                                                                                                                                                                    | <b>Sudbury Parkside Centre</b><br>140 Durham Street                                                       | <b>September 1, 8, 15, 22, 29</b><br><b>October 6, 13, 20</b><br>(Thursdays)                  |
|                                                               |                                                                                                                                                                                                                     |                                                                                                                                                                                                                    |                                                                                                           | <b>October 27</b><br><b>November 3, 10, 17, 24</b><br><b>December 1, 8, 15</b><br>(Thursdays) |
| <b>VIRTUAL</b><br>Minds in Motion®                            | An on-going program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.<br><br><b>FREE of charge</b><br><b>No registration required</b> | 1:30pm – 3:00pm                                                                                                                                                                                                    | <b>On Zoom</b><br><a href="https://us02web.zoom.us/j/7290539028">https://us02web.zoom.us/j/7290539028</a> | <b>Every Tuesday</b><br>No registration required                                              |
| <b>Esprit en action®</b><br>Sessions virtuelle<br>En français | Un programme de 8 semaines qui combine l'activité physique avec la stimulation sociale et cognitive pour les personnes atteintes de démence et leurs partenaires de soins.<br><b>Gratuit! Inscription requise</b>   | 13h00 – 14h30                                                                                                                                                                                                      | <b>Sur la plateforme Zoom</b><br><i>Lien fourni lors de l'inscription</i>                                 | <b>Septembre 12, 19, 26</b><br><b>Octobre 3,17,24,31</b><br><b>Novembre 7</b><br>(Lundi)      |
| <b>Virtual</b><br>Health Promotion<br>Activities              | Access a variety of virtual exercises, games, and social groups. Such as: Trivia, Morning Social, Art and much more!                                                                                                | To access our virtual calendar please visit our website at <a href="http://www.alzheimersudbury.ca">www.alzheimersudbury.ca</a><br><br>You can also ask your First Link Care Navigator or call any of our offices. |                                                                                                           |                                                                                               |

**TO LEARN MORE OR TO SIGN UP PLEASE CONTACT:**

**LEARNING SERIES & MINDS IN MOTION**

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**SUPPORT GROUPS**

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