

# JAN

## WEEK OF 4 - 8

### IN PERSON ACTIVITIES

Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

### ONLINE VIDEO (ZOOM) ACTIVITIES-

click on the link to access  
or visit

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

### SUPPORT GROUPS

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

## MONDAY

4

## TUESDAY

5

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

Click  
Here



## WEDNESDAY

6

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

Click  
Here



## THURSDAY

7

VIRTUAL DEMENTIA Q & A  
Ask us your questions and learn  
more about dementia and  
Alzheimer's Disease  
12:00pm-1:00pm

Click  
Here



## FRIDAY

8

**ONLINE SUPPORT GROUP**  
**For Care Partners of a spouse**  
**1:30pm-3:30pm**



**Visit our YouTube Page for brain  
games and exercise videos!**



# JAN

## WEEK OF 11- 15

### IN PERSON ACTIVITIES

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## MONDAY

### 11

### MORNING SOCIAL

Join in for some morning conversations.

Everyone is welcome!

11:00am-11:30am

Click Here



## TUESDAY

### 12

### VIRTUAL MINDS IN MOTION Activities & Exercise

1:30pm-3:00pm

Click Here



## WEDNESDAY

### 13

### VIRTUAL SUPPORT GROUP NORTH BAY

for Care Partners.

2:00pm-4:00pm

Call Linda for Link

(705) 495-4342 ext. 321

## THURSDAY

### 14

### VIRTUAL TRIVIA TIME

Can you guess Who? What?  
When? Where?

1:00pm - 2:00pm

Click Here



## FRIDAY

### 15

### ONLINE SUPPORT GROUP For Care Partners of a spouse 1:30pm-3:30pm



*Société*  
**Alzheimer**  
*Society*

# JAN

## WEEK OF 18-22

### IN PERSON ACTIVITIES

Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

### ONLINE VIDEO (ZOOM) ACTIVITIES-

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## MONDAY

18

### MONDAY MORNING MEDITATION

Join us to start your day with a  
mindfulness meditation  
10:30 am-11:00 am

Click  
Here



## TUESDAY

19

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

Click  
Here



## WEDNESDAY

20

## THURSDAY

21

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

Click  
Here



## FRIDAY

22

**ONLINE SUPPORT GROUP**  
**For Care Partners of a spouse**  
**1:30pm-3:30pm**



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



**Daytime Learning Series**  
**February 4, 11, 18, 25**  
**10:00 am -12:00 pm**

# JAN

## WEEK OF 25-29

### IN PERSON ACTIVITIES

Clients are asked to adhere to the physical distancing rules and will be screened with our staff prior to activity

### ONLINE VIDEO (ZOOM) ACTIVITIES-

click on the link to access  
or visit

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

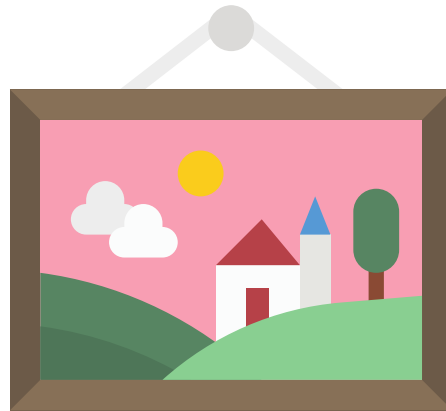
### SUPPORT GROUPS

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

## MONDAY

### 25

VIRTUAL PICTURE  
SHOW AND TELL  
Show us a photo and  
share your story  
11:00 AM - 12:00 PM



Click  
Here

## TUESDAY

### 26

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

Click  
Here

## WEDNESDAY

### 27

## THURSDAY

### 28

AFTERNOON SOCIAL  
Join in for some  
conversations.  
Everyone is welcome!  
1:30pm-2:00pm

Click  
Here

## FRIDAY

### 29

**ONLINE SUPPORT GROUP**  
**For Care Partners of a spouse**  
**1:30pm-3:30pm**



*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 (in-person and online) 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**