

SEPT

WEEK OF 1-6

OUTDOOR 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 & TEACH

To register for a support group please call or email Madeleine.

Phone:(705) 524-2024 x 245

Email:

msauve@alzheimersudbury.ca

MONDAY

31

[GAME HOUR](#) Join in to play a variety of mini-games!
[2:00pm-3:00pm](#)

Click Here

SUPPORT GROUP
For Care Partners
1:30pm-3:30pm

LEARNING SERIES- Session 4
(registration required)
6:00pm-8:00p

TUESDAY

1

[URBAN POLING OUTDOORS](#)
North Bay
10:00am-11:00am
Call to Register
(705) 495-4342

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

Click Here

WEDNESDAY

2

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

Click Here

THURSDAY

3

FRIDAY

4

SUPPORT GROUP
For Care Partners
1:30pm-3:30pm

SATURDAY

5

As we enter Stage 3, we ask for your patience and cooperation as we focus on doing so safely for our clients and staff.

THANK
YOU

SUNDAY

6

Visit our YouTube Page
for brain games and
exercise videos!



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SEPT

WEEK OF
7-13

OUTDOOR ACTIVITIES

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Email:

msauve@alzheimersudbury.ca

MONDAY

7



**Our offices
will be closed**

TUESDAY

8

URBAN POLING OUTDOORS

North Bay
10:00am-11:00am
Call to Register
(705) 495-4342

MINDS IN MOTION with Maryse Activities & Exercise

1:30pm-3:00pm



WEDNESDAY

9

DRAWING ACTIVITY

All you need is a piece of paper
and a pen or a pencil!
1:00pm-2:00pm



SUPPORT GROUP NORTH BAY

for Care Partners.
Call Linda for Link
(705) 495-4342.
2:00pm-4:00pm

THURSDAY

10

FRANCOPHONE PHONE-IN
Une discussion tout en français
1:00pm-1:30pm

Sudbury Line
Call: (705) 885-9878
Conference # 71360
Pin # 1793

North Bay Line
Call: (705) 707-1216
Conference Bridge# 71361
Pin # 9764

FRIDAY

11

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

SATURDAY

12

**Reach out to Family
and Friends!**



SUNDAY

13

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SEPT

WEEK OF 14-20

OUTDOOR ACTIVITIES
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SUPPORT GROUPS & TEACH
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Phone:(705) 524-2024 x 245
Email:
msauve@alzheimersudbury.ca

MONDAY

14

[CHAIR YOGA with Janet!](#)
11:00am-12:00pm

Click Here

SUPPORT GROUP
For Care Partners
1:30pm-3:30pm

TUESDAY

15

[URBAN POLING OUTDOORS](#)

North Bay
10:00am-11:00am
Call to Register
(705) 495-4342

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

Click Here

WEDNESDAY

16

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

Click Here

THURSDAY

17

EDUCATION SESSION
Dementia & Communication
11:00am-12:00pm

Please Register by clicking on the Link below or Call Miguel (705) 524-2024 x 266



FRIDAY

18

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

SATURDAY

19

SUNDAY

20

Our next 4 week Learning Series will be hosted in November. To Register Call any one of our offices.



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SEPT

WEEK OF 21-27

OUTDOOR ACTIVITIES

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SUPPORT GROUPS & TEACH

To register for a support group please call or email Madeleine.

Phone:(705) 524-2024 x 245

Email:

msauve@alzheimersudbury.ca

MONDAY

21

MORNING SOCIAL

Join in for some conversation.

Everyone is welcome!

11:00 AM - 12:00 PM

Click Here

SUPPORT GROUP

For Care Partners

1:30pm-3:30pm

TUESDAY

22

URBAN POLING OUTDOORS

North Bay

10:00am-11:00am

Call to Register

(705) 495-4342

MINDS IN MOTION with Maryse

Activities & Exercise

1:30pm-3:00pm

Click Here

LEARNING SERIES- Session 1

(registration required)

6:00pm-8:00pm

WEDNESDAY

23

GAME HOUR!

Join in to play a variety of fun

mini games!

1:00pm-2:00pm

Click Here

THURSDAY

24

LIVE VIRTUAL CONCERT!

with musician Angelo Paquette

(English and French music!)

1:00pm-2:00pm

Click Here

FRIDAY

25

SUPPORT GROUP

For Care Partners of a spouse

1:30pm-3:30pm

SATURDAY

26

SUNDAY

27

Would you like an in-home activation kit for your loved one? Call our office today!



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SEPT

WEEK OF 28-4

OUTDOOR ACTIVITIES

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SUPPORT GROUPS & TEACH

To register for a support group please call or email Madeleine.

Phone:(705) 524-2024 x 245

Email:

msauve@alzheimersudbury.ca

MONDAY

28

PICTURE SHOW AND TELL

Show us a photo and share your story
11:00 AM - 12:00 PM

Click Here

TUESDAY

29

URBAN POLING OUTDOORS

North Bay
10:00am-11:00am
Call to Register
(705) 495-4342

MINDS IN MOTION with Maryse Activities & Exercise

1:30pm-3:00pm

Click Here

LEARNING SERIES - Session 2
(registration required)
6:00pm-8:00pm

WEDNESDAY

30

TRIVIA TIME!

Can you guess Who? What? When? Where?
1:00pm - 2:00 pm

Click Here

THURSDAY

1

FRIDAY

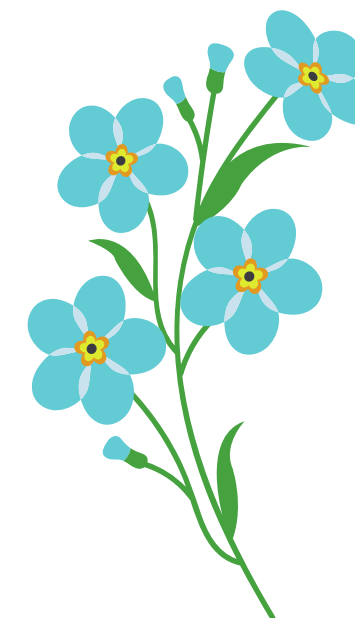
2

SATURDAY

3

SUNDAY

4



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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

- Telephone Activities are in **BLUE**
- Support Groups (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