

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2020

Alzheimer Society Sarnia Lambton
Social & Education Programs.

					1	2	3
					<u>Minds in Motion</u> 10am	<u>Armchair Travelogue - Switzerland</u> 11am	
					<u>Musical Memories</u> 2pm	Sukkot Begins	
4	5	6	7	8	9	10	
		<u>Minds in Motion</u> 10am	<u>Inspirational Moments</u> 11am	<u>Minds in Motion</u> 10am			
				<u>Musical Memories</u> 2pm			Simchat Torah Begins
11	12	13	14	15	16	17	
	Office Closed  Thanksgiving Day (Canada)	<u>Minds in Motion</u> 10am		<u>Minds in Motion</u> 10am	<u>Armchair Travelogue - Ireland</u> 11am		
		Topical Tuesday – Brain and Behaviour 3pm		<u>Musical Memories</u> 2pm			
18	19	20	21	22	23	24	
	<u>History of Hats - Presentation from Oil Heritage Museum</u> 1:30pm	<u>Minds in Motion</u> 10am	<u>Inspirational Moments</u> 11am	<u>Minds in Motion</u> 10am			
		Topical Tuesday – Care Planning 3pm	Bonus Wednesday- Understanding Dementia 7pm	<u>Musical Memories</u> 2pm			
25	26	27	28	29	30	31	
		<u>Minds in Motion</u> 10am		<u>Minds in Motion</u> 10am	<u>Armchair Travelogue - Greece</u> 11am		
		Topical Tuesday – Common Behaviours 3pm		<u>Musical Memories</u> 2pm			Halloween

Social Activities and Education

Minds in Motion: Every Tuesday & Thursday starting Sept 29th @ 10am

We will be doing the exercise portion of our Minds in Motion each week. The exercise is a mix of cardio, stretch and balance and is 45min in length. **Meeting ID: 966 9366 0340**

Inspirational Moments: 1st & 3rd Wednesday @ 11am

We will be taking tours of museums, galleries, and zoos from around the world. Galleries such as Van Gogh and the Museum of Modern Art in New York and the Toronto Zoo are just some of the places we have visited. **Meeting ID: 971 7643 3263**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly. **Meeting ID: 636463918**

Armchair Travelogue: 2nd and 4th Friday @ 11am

Travel to different destinations around the world from the comfort of your own home. Enjoy some videos and stories of places like Denmark and India. **Meeting ID: 986 8672 1210**

History of Hats – Presentation from Oil Heritage Museum: Monday Oct 19 @ 1:30pm

Hats have been a pervasive part of fashion for the last several hundred years. No outfit was complete without a hat or some type of head covering. It was unthinkable for a person to go out in public in the mid-20th century without a hat. Hats continue to convey messages to the public about the person wearing the hat such as status, morality, protection, fashion and cultural belonging. We will look at why people wear hats and fashion trends in hats. What messages we send with the hats we wear and why we continue to wear hats. This presentation will examine hats from the Oil Museum of Canada's collection. We invite participants to wear their favourite hat and discuss why they love it. **Meeting ID: 934 4794 2538**

Topical Tuesday with Christine: via Zoom web-conferencing (by computer or phone)

Tips on Caring for Someone Living with Dementia

Email Christine at cwright@alzheimersarnia.ca to receive information and link on how to attend.

If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be booked.

We ask that you make sure when you participate virtually in exercise programs you take care to create a place that is clutter free and safe for you. Make sure you have proper footwear and the area is clear. Also, please only participate as much as your body feels comfortable – this is intended to be a program to gently move your body – so don't push yourself beyond what feels okay. If you'd rather not participate but want to just be here and watch, that is totally fine too!