

# OCT

## WEEK OF 28 - 4

### 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](mailto: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

### SUPPORT GROUP

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

In person

### OUTDOOR SUPPORT GROUP

In Mindemoya  
10:30 am - 12:00 pm

To register, contact Alison at  
705-524-2024 ext. 401  
[asloss@alzheimersudbury.ca](mailto:asloss@alzheimersudbury.ca)

## SATURDAY

3

As social distancing measures  
continue, we ask for your  
patience and cooperation as we  
focus on proceeding safely for our  
clients and staff.

THANK  
YOU

## SUNDAY

4

Visit our YouTube Page  
for brain games and  
exercise videos!



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**Alzheimer**  
*Society*

# OCT

## WEEK OF 5 - 11

### OUTDOOR ACTIVITIES

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### 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](mailto:msauve@alzheimersudbury.ca)

## MONDAY

5

CHAIR YOGA with Janet!  
11:00am-12:00pm

Click Here

## TUESDAY

6

### 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 3  
(registration required)  
6:00pm-8:00pm

## WEDNESDAY

7

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

Click Here

**SUPPORT GROUP NORTH BAY**  
for Care Partners.  
Call Linda for Link  
(705) 495-4342.  
2:00pm-4:00pm

## THURSDAY

8

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

Click Here

## FRIDAY

9

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

## SATURDAY

10

**Reach out to Family  
and Friends!**



## SUNDAY

11

*Soci t *  
**Alzheimer**  
*Society*

# OCT

## WEEK OF 12-18

### 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](mailto:msauve@alzheimersudbury.ca)

## MONDAY

12

All our offices will be closed



This thanksgiving, we are thankful for the re-opening of some of our programs and for the ability to see some of our clients and families face to face once again. We've missed you all

## TUESDAY

13

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

Click Here

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

## WEDNESDAY

14

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

Click Here

SUPPORT GROUP NORTH BAY  
For Care Partners  
Call Linda (705) 495-4342.  
(2pm-4pm)

## FRIDAY

16

LIVE VIRTUAL CONCERT!  
with musician Angelo Paquette  
(English and French music!)  
1:00pm-2:00pm

Click Here

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

## SATURDAY

17

## SUNDAY

18

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



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**Alzheimer**  
*Society*

# OCT

## WEEK OF 19-25

### 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

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### SUPPORT GROUPS & TEACH

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Phone:(705) 524-2024 x 245

Email:

[msauve@alzheimersudbury.ca](mailto:msauve@alzheimersudbury.ca)

## MONDAY

19

### PICTURE SHOW AND TELL

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

Click Here

## TUESDAY

20

### MINDS IN MOTION with Maryse

Activities & Exercise  
1:30pm-3:00pm

Click Here

## WEDNESDAY

21

### GAME HOUR!

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

Click Here

## THURSDAY

22

### 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

23

### SUPPORT GROUP

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

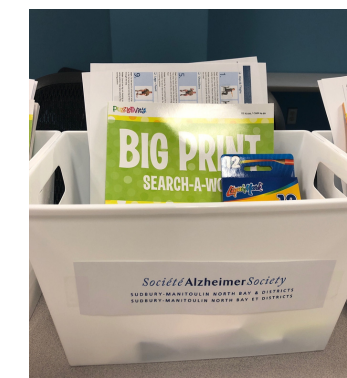
## SATURDAY

24

## SUNDAY

25

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



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**Alzheimer**  
*Society*

# OCT

## WEEK OF 26-1

### 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](mailto:msauve@alzheimersudbury.ca)

## MONDAY

26

**MORNING SOCIAL!**  
Join in for some conversation.  
Everyone is welcome!  
11:00am-12:00pm

Click Here

## TUESDAY

27

**MINDS IN MOTION with Maryse**  
Activities & Exercise  
1:30pm-3:00pm

Click Here

## WEDNESDAY

28

**TRIVIA TIME!**  
Can you guess Who? What?  
When? Where?  
1:00pm - 2:00 pm

Click Here

## THURSDAY

29

## FRIDAY

30

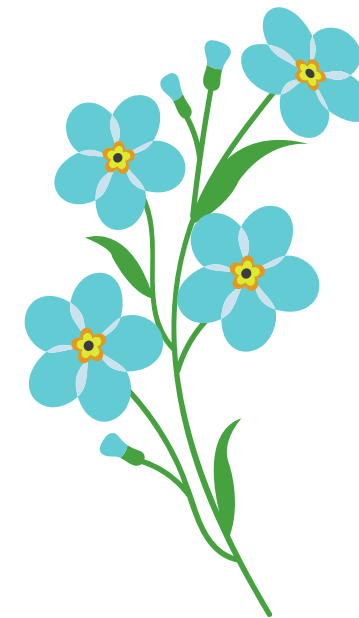
**SUPPORT GROUP**  
**For Care Partners of a spouse**  
**1:30pm-3:30pm**

## SATURDAY

31

## SUNDAY

1



*Soci t *  
**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

- 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**