

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Alzheimer Society Sarnia-Lambton

<p>5</p> <p>Minds in Motion @ Strangway Centre 1:30-3:15 Week 4</p> <p>Cinco de Mayo</p>	<p>6</p> <p>Minds in Motion @ Grace United 10:30am-12:30pm Week 6</p> <p>TEACH 12pm-1:30pm Self-Care</p> <p>Topical Tuesday Mood Changes @ 3pm</p>	<p>7</p> <p>Minds in Motion @ Grace United 10:30am-12:30pm Week 6</p> <p>TEACH 12pm-1:30pm Self-Care</p> <p>Topical Tuesday Mood Changes @ 3pm</p>	<p>1</p> <p>AGE FRIENDLY EXPO Point Edward Arena- 10am-6pm</p> <p>May Day</p>	<p>2</p> <p>Virtual Minds in Motion 10am-11:30am Week 2</p> <p>Minds in Motion Corunna 1:30pm – 3:30pm Week 6</p>	<p>3</p> <p>DROM & Lunch Grace United Church 11am-1pm \$5/person</p> <p>CARERS 10am-12pm</p>	<p>4</p>
<p>12</p> <p>Minds in Motion @ Strangway Centre 1:30-3:15 Week 5</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>13</p> <p>Minds in Motion @ Grace United 10:30am-12:30pm Week 7</p> <p>TEACH 12pm-1:30pm Healthcare System</p> <p>Topical Tuesday Care Tips from the Experts @ 3pm</p>	<p>14</p> <p>Minds in Motion @ Grace United 10:30am-12:30pm Week 7</p> <p>TEACH 12pm-1:30pm Healthcare System</p> <p>Topical Tuesday Care Tips from the Experts @ 3pm</p>	<p>8</p> <p>Inspirational Moments @ JNAAG Group 1 1:00-3:00</p>	<p>9</p> <p>Virtual Minds in Motion 10am-11:30am Minds in Motion Corunna 1:30pm – 3:30pm</p> <p>Sarnia Care Partner Support Group 1:00pm – 3:00pm</p> <p>Bonus Thursday Understanding Dementia @ 7pm</p>	<p>10</p> <p>Armchair Travelogue @11:00</p> <p>Kineto Theatre "Grumpy Old Men" 2pm</p> <p>CARERS 10am-12pm</p>	<p>11</p>
<p>19</p>	<p>20</p> <p>Minds in Motion @ Grace United 10:30am-12:30pm Week 8</p> <p>TEACH 12pm-1:30pm Relationship Change</p> <p>Topical Tuesday Mirroring Communication @ 3pm</p> <p>Victoria Day (Canada)</p>	<p>15</p> <p>Virtual Care Partner Support Group 2:00pm – 4:00pm</p> <p>Inspirational Moments @ JNAAG - Group 2 1:00-3:00</p>	<p>16</p> <p>Virtual Minds in Motion 10am-11:30am Week 4</p> <p>Minds in Motion Corunna 1:30pm – 3:30pm Week 8</p>	<p>17</p> <p>Petrolia Support Group 10:00am – 12:00pm</p> <p>CARERS 10am-12pm</p>	<p>18</p> <p>IG Wealth Walk for Alzheimer's 11am @ Black Gold Brewery in Petrolia</p> <p>Armed Forces Day</p>	<p>25</p>
<p>26</p> <p>IG Wealth Walk for Alzheimer's 8:30am @ Suncor Agora</p> <p>Memorial Day</p>	<p>21</p> <p>Minds in Motion @ Strangway Centre 1:30-3:15 Week 6</p>	<p>22</p> <p>Forest Support Group 10:00am – 12:00pm</p>	<p>23</p> <p>Virtual Minds in Motion 10am-11:30am Week 5</p> <p>Walk Pre-Registration at ASSL Office 10-2 and 4-7</p>	<p>24</p> <p>Bowling @ Hi-Way Bowl 11:00am \$5/person</p> <p>CARERS 10am-12pm</p>	<p>25</p>	<p>25</p>
<p>26</p> <p>IG Wealth Walk for Alzheimer's 8:30am @ Suncor Agora</p> <p>Memorial Day</p>	<p>27</p> <p>Minds in Motion @ Strangway Centre 1:30-3:15 Week 6</p>	<p>28</p> <p>TEACH 12pm-1:30pm Future Planning</p> <p>Topical Tuesday How To Respond @ 3pm</p>	<p>29</p>	<p>30</p> <p>Virtual Minds in Motion 10am-11:30am Week 6</p>	<p>31</p>	<p>31</p>

Social Activities, Support Groups and Education

[Minds in Motion - Strangway Centre, Grace United Church, Virtual, Corunna](#)

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners. **Pre-registration required.**

[Inspirational Moments](#)

The JNAAG is pleased to partner with the Alzheimer Society of Sarnia-Lambton to offer Inspirational Moments. Participants will visit the gallery virtually for an afternoon of art discovery, fun and casual conversation about exhibitions and specific art works. Tours are followed by a hands-on art activity. **Group 1 – 2nd Wednesday of the Month Group 2 – 3rd Wednesday of the Month. Pre-registration required.**

[Forget Me Not Social Club:](#)

DROM on May 3rd – Grace United Church from 11am – 1pm

DROM will be followed by a luncheon. Cost is \$5/person. **Pre-registration required.**

Kineto Theatre in Forest on May 10th – Movie Matinee Featuring “Grumpy Old Men” at 2pm. No Cost. Concession will be available for purchase.

Bowling on May 24th at Hi-way Bowling Alley on London Line – Pre-registration is required. Cost is \$5/person. This includes one game of bowling and shoes.

[Virtual Armchair Travelogue: the 2nd Friday @ 11am - Meeting ID: 847 1237 4081](#)

To register for any of the **Active Living Programs** please email Vanessa at vbarnes@alzheimersarnia.ca or call 519-332-4444 ext 238.

[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 a link on how to attend.

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

[Support Groups](#)

This monthly, in-person support group provides an opportunity for spouses and family members caring for a person living with dementia to meet with common experiences. Through sharing these experiences and concerns they will receive support from the group facilitator and other participants about dementia. The goal of this group is to share personal feelings, increase healthy coping strategies, decrease isolation, and improve awareness about available services at the Alzheimer Society of Sarnia Lambton and in the community.

[CARERS](#)

CARERS is a psychoeducation group developed to help care partners for people living with dementia. The purpose of this group is to allow care partners to obtain some education about dementia, connect with other care partners and share their stories, and to improve communication techniques.

[TEACH](#)

TEACH takes place over 4 weeks, and each week has a specific theme. This will provide the group with an opportunity to discuss any concerns one might have about the future and how to best prepare for potential upcoming challenges.

To register for the support groups, please call the office or email info@alzheimersarnia.ca