









In-Person Summer 2024 Schedule North Bay

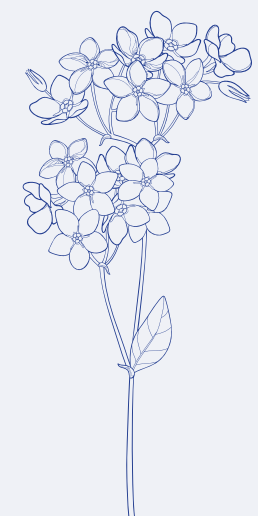
SUPPORT GROUPS

Group & Description	Dates	Time	Location
<p>Coffee Club Support Group This monthly support group is for persons living with dementia (early stages) and their care partners to attend together. The 1st hour is combined and the 2nd hour, care partners and PLWD meet separately.</p> <p> Registration Required</p>	<p>Group 1 3rd Monday of the month: July 15 August 19 September 16</p>	 9:00am - 10:30am	<p>Alzheimer Society 140 King Street West, North Bay</p>
	<p>Group 2 3rd Wednesday of the month: July 17 August 21 September 18</p>	 6:00pm - 7:30pm	
<p>Care Partner Support Group These groups are for care partners, family members and friends who meet monthly to share, support and learn with others who are living the dementia journey.</p> <p> Registration Required</p>	<p>Group 1 1st Wednesday of the month: July 3 August 7 September 4</p>	 1:30pm-3:00pm	<p>Alzheimer Society 140 King Street West, North Bay</p>
	<p>Group 2 4th Thursday of the month: July 25 August 22 September 26</p>	 6:00pm - 7:30pm	
<p>Care Partner Support Group: Hospital & LTC This group is for care partners, family members, and friends whose loved one is in the hospital or long-term care. The group focuses on the challenges and triumphs of caring for someone in these settings.</p> <p> Registration Required</p>	<p>1st Thursday of the month: July 4 August 1 September 5</p>	 10:00am - 11:30am	<p>Alzheimer Society 140 King Street West, North Bay</p>







To learn more or to register, please contact us

Telephone (Toll Free):
1-800-407-6369

Email:
info@alzheimernorthbay.com



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Group & Description	Dates	Time	Location
<p>Dementia Learning Series 4-week education series designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.</p> <p> Registration Required</p>	<p>September 3, 10, 17 & 24 (Tuesdays)</p>	<p> 2:30pm - 4:30pm</p>	<p>The Village 100 College Drive North Bay</p>
<p>Minds in Motion An 8-week program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p> <p> Registration Required</p>	<p>September 5, 12, 19, 26, October 3, 10, 17 & 24 (Thursdays)</p>	<p> 2:30pm - 4:30pm</p>	<p>The Village 100 College Drive, North Bay</p>
<p>Pole Walking Group This group meets weekly at various outdoor locations in North Bay and goes on walks together using walking poles. This is a great way for people living with dementia and their care partners to experience light physical exercise and social stimulation. We provide the poles!</p> <p> Registration Required</p>	<p>July 3, 10, 17, 24 & 31 (Wednesdays)</p>	<p> 10:00am - 11:00am</p>	<p>North Bay *locations provided upon registration</p>

EDUCATION

HEALTH PROMOTION

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Group & Description	Dates	Time	Location
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SUPPORT GROUPS

<p>Care Partner Support Group This group is for care partners, family members and friends who meet virtually each month to share, support and learn with others who are living the dementia journey.</p>	<p>2nd Wednesday of the month: July 10 August 14 September 11</p>	<p> 2:00pm - 4:00pm</p>	<p>Video call - Zoom https://us02web.zoom.us/j/81884018385 </p>
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HEALTH PROMOTION

<p>Exercise & Game Time An ongoing program that combines physical activity with social and cognitive stimulation for persons living with dementia and their care partners.</p>	<p>Every Tuesday</p>	<p> 1:30pm - 2:30pm</p>	<p>Video call - Zoom https://us02web.zoom.us/j/7290539028 </p>
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To learn more about zoom and how to join our virtual programs, please contact us.