



The  
**Dementia  
Society**  
Ottawa and Renfrew County

**SCHEDULE AND REGISTRATION FALL 2020**

**VIRTUAL  
SOCIAL AND RECREATIONAL  
PROGRAMS**



**Musical Connections with**

*Live!*

Weekly on Mondays, 10:30AM—12:00PM

**Chris White**

Register [here](#)

Weekly on Tuesdays, 3:30PM—4:30PM

**Anne and JSO Choir**

Register [here](#)

Every other Thursdays, 3:30PM—4:30PM

**The Key of Happiness**

Register [here](#)

Every other Wednesday 3:30PM—4:30PM

**Arabian Tunes**

Register [here](#)

**Living room Live! Concert Series**

*Live!*

Tuesday, December 15th 4:00PM—4:45PM

Winter Wonderland, Seasonal &  
Christmas songs  
with **LA Connection**

Register [here](#)



The  
**Dementia  
Society**  
Ottawa and Renfrew County

**SCHEDULE AND REGISTRATION FALL 2020**

**VIRTUAL  
SOCIAL AND RECREATIONAL  
PROGRAMS**



**Arts and Minds**

*Live!*

Tuesday, December 7, 2020 1:00PM—2:30PM

**LIVE Arts and Minds-Starry Night**

Register [here](#)

Tuesday, December 15 2020 11:00AM—2:00PM

**A Masterpiece! Cardinals in Snow**

Register [here](#)

Weekly on Tuesdays, 10:30AM—11:30AM

**Creative Cards and Crafts**

Register [here](#)

**SPARK!**

*Live!*

Wednesdays 1:00PM—12:00PM

December

Register [here](#)

**RAYON D'ART!**

*En Direct!*

Les Mercredis 13:00—14:00

Decembre

Inscrivez-vous [ici](#)

**On-Demand videos**

**Arts and Minds Online with**

**Liz Spence**

Watch [here](#)



**Let's Get Moving with**

*Live!*

Weekly on Tuesdays 1:00PM—2:00PM

**Bea Alt**

Register [here](#)

Weekly on Wednesdays, 3:30PM—4:30PM

**Meg Stickle**

Register [here](#)

**Mindfulness for Caregivers**

*Live!*

December 8th, 15th, 22nd      Weekly on Tuesdays 2:00PM

**Jessica Lemieux**

Register [here](#)

**On-Demand videos**

**Let's Get Moving with**

**Meg Stickle**

Watch [here](#)

**Musical Connections Online**

**Chris White**

Watch [here](#)

**Jennifer Noxon**

Watch [here](#)

**Real and Lorraine**

Regarde [ici](#)

**Arabian Tunes**

Watch [here](#)