



The  
**Dementia  
Society**  
Ottawa and Renfrew County

## SCHEDULE AND REGISTRATION

### VIRTUAL SOCIAL AND RECREATIONAL PROGRAMS



*January 2021*

### **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, 2:00PM—3:00PM

**The Key of Happiness**

Register [here](#)

Every other Wednesday 6:00PM—8:00PM

**Arabian Tunes**

Register [here](#)

### **Living room Live! Concert Series**

*Live!*

Tuesday, January 26th 4:00PM—4:45PM

Living Room Live Concert series-  
A Country Hoedown with Arlene

Register [here](#)



The  
**Dementia  
Society**  
Ottawa and Renfrew County

**SCHEDULE AND REGISTRATION**

**VIRTUAL  
SOCIAL AND RECREATIONAL  
PROGRAMS**



**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!*

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](#)



The  
**Dementia  
Society**  
Ottawa and Renfrew County

**SCHEDULE AND REGISTRATION FALL 2020**

**VIRTUAL  
SOCIAL AND RECREATIONAL  
PROGRAMS**



**January 2021**

**Arts and Minds**

**Live!**

Monday, January 25 2020 1:00PM—2:30PM

**LIVE Arts and Minds**-Birch Trees in a Winter Scene

Register [here](#)

Tuesday, January 20 2020 11:00AM—2:00PM

**A Masterpiece!** Cozy Cabin

Register [here](#)

Weekly on Tuesdays, 10:30AM—11:30AM

**Creative Cards and Crafts**

Register [here](#)

**SPARK!**

**Live!**

Wednesdays 1:00PM—12:00PM

January

Register [here](#)

**RAYON D'ART!**

**En Direct!**

Les Mercredis 13:00—14:00

Janvier

Inscrivez-vous [ici](#)

**On-Demand videos**

**Arts and Minds Online with**

**Liz Spence**

Watch [here](#)