

Social Programming

Soci t  Alzheimer Society

January 2022

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Registration & Questions

Social Programs

Minds in Motion

Laughter Yoga

Laurie Ball 1-888-343-1017 ext.421 Sherry Miller 1-888-343-1017 ext. 102

[Click Here](#)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>3</p> | <p>4 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p> | <p>5 Minds in Motion Burlington 1:00pm-2:30pm</p> | <p>6 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p> | <p>7</p> |
| <p>10 Minds in Motion Haldimand Norfolk 11:00am-noon</p> | <p>11 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p> | <p>12 Understanding Brain Health (4 Part Series) TOPIC: Normal Aging Click HERE to register 11:00 - Noon</p> <p>Minds in Motion Burlington 1:00pm-2:30pm</p> | <p>13 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p> | <p>14 Mid Day Melodies Six Part Series Songs to Lift Your Spir-its 11:00am– Noon Click here to register</p> |
| <p>17 Minds in Motion Haldimand Norfolk 11:00am-noon</p> | <p>18 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p> | <p>19 Understanding Brain Health (4 Part Series) TOPIC: Diet for Brain Health Click HERE to register 11:00 - Noon</p> <p>Minds in Motion Burlington 1:00pm-2:30pm</p> | <p>20 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p> | <p>21 Mid Day Melodies Six Part Series Finish the Beatles Lyrics 11:00am– Noon Click here to register</p> |
| <p>24 Minds in Motion Haldimand Norfolk 11:00am-noon</p> | <p>25 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p> | <p>26 Understanding Brain Health (4 Part Series) TOPIC: Exercise for Brain Health Click HERE to register 11:00 - Noon</p> <p>Minds in Motion Burlington 1:00pm-2:30pm</p> | <p>27 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p> | <p>28 Mid Day Melodies Six Part Series What's that TV show 11:00am– Noon Click here to register</p> |
| <p>31 Minds in Motion Haldimand Norfolk 11:00am-noon</p> | | | | |

Program Descriptions

Laughter Yoga- This weekly online drop-in program offering laughter yoga is a unique exercise routine that combines unconditional laughter with yogic breathing (Pranayama). It is open to caregivers, persons living with dementia and the general public.

Together Apart- This on-line social group meets every Tuesday. The group will have activities for the person living with dementia and their guest to participate in together. Once registered people can attend on a drop-in basis.

Mid-day Melodies Series- This is an interactive six week series that gives an opportunity to listen to some classic music and learn some interesting facts behind the music.

Minds in Motion- This weekly online program promotes both physical and cognitive health in a safe environment for persons living with dementia and their guest. This program is region specific.