

Social Programs March 2022

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 **1-800-565-4614**

(for registration & information)

Social Programs

Laurie Ball ext. 421

Minds in Motion

Sherri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p>	<p>2 Minds in Motion Burlington 1:00pm-2:30pm</p>	<p>3 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p>	4
<p>7 Minds in Motion Halldimand Norfolk 11:00am-noon</p>	<p>8 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p>	<p>9 Minds in Motion Burlington 1:00pm-2:30pm</p>	<p>10 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p>	11
<p>14 Minds in Motion Halldimand Norfolk 11:00am-noon</p>	<p>15 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p>	<p>16 Minds in Motion Burlington 1:00pm-2:30pm</p>	<p>17 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p>	18
<p>21 Minds in Motion Halldimand Norfolk 11:00am-noon</p>	<p>22 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p>	<p>23 Minds in Motion Burlington 1:00pm-2:30pm</p>	<p>24 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</p>	25
<p>28 Minds in Motion Halldimand Norfolk 11:00am-noon</p>	<p>29 Together Apart 11:00am-Noon</p> <p>Minds in Motion Hamilton 1:00pm-2:30pm</p>	<p>30 Minds in Motion Burlington 1:00pm-2:30pm</p>	<p>31 Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Social Club 2:00-3:00pm</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.

Social Club- This on-line social group meets every Thursday. 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 program promotes both physical and cognitive health in a safe environment for persons living with dementia and their guest. This program is region specific and requires pre-registration.