

# Social Programming

## February 2022

*Soci t  Alzheimer Society*

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

### Registration & Questions

#### Social Programs

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

#### Minds in Motion

#### Laughter Yoga

[Click Here](#)

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> <b>Together Apart</b> 11:00am-Noon</p> <p><b>Minds in Motion</b> Hamilton 1:00pm-2:30pm</p>	<p><b>2</b> <b>Understanding Brain Health (4 Part Series)</b> <b>TOPIC: Socialization</b> Click <a href="#">HERE</a> to register</p> <p><b>11:00 - Noon</b></p> <p><b>Minds in Motion</b> Burlington 1:00pm-2:30pm</p>	<p><b>3</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register</p> <p><b>Social Club</b> 2:00-3:00pm</p>	<p><b>4</b> <b>Mid Day Melodies Six Part Series</b> <b>Name that Musician</b> 11:00am- Noon Click <a href="#">here</a> to register</p>
<p><b>7</b> <b>Minds in Motion</b> Haldimand Norfolk 11:00am-noon</p>	<p><b>8</b> <b>Together Apart</b> 11:00am-Noon</p> <p><b>Minds in Motion</b> Hamilton 1:00pm-2:30pm</p>	<p><b>9</b> <b>Minds in Motion</b> Burlington 1:00pm-2:30pm</p>	<p><b>10</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register</p> <p><b>Social Club</b> 2:00-3:00pm</p>	<p><b>11</b> <b>Mid Day Melodies Six Part Series</b> <b>Music Trivia Z to A</b> 11:00am- Noon Click <a href="#">here</a> to register</p>
<p><b>14</b> <b>Minds in Motion</b> Haldimand Norfolk 11:00am-noon</p>	<p><b>15</b> <b>Together Apart</b> 11:00am-Noon</p> <p><b>Minds in Motion</b> Hamilton 1:00pm-2:30pm</p>	<p><b>16</b> <b>Minds in Motion</b> Burlington 1:00pm-2:30pm</p>	<p><b>17</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register</p> <p><b>Social Club</b> 2:00-3:00pm</p>	<p><b>18</b> <b>Mid Day Melodies Six Part Series</b> <b>Name that Tune</b> 11:00am- Noon Click <a href="#">here</a> to register</p>
<p><b>21</b></p> 	<p><b>22</b> <b>Together Apart</b> 11:00am-Noon</p> <p><b>Minds in Motion</b> Hamilton 1:00pm-2:30pm</p>	<p><b>23</b> <b>Minds in Motion</b> Burlington 1:00pm-2:30pm</p>	<p><b>24</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register</p> <p><b>Social Club</b> 2:00-3:00pm</p>	<p><b>25</b></p>
<p><b>28</b> <b>Minds in Motion</b> 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.

**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.