

Social Programs Brant Haldimand Norfolk May 2022

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 **1-800-565-4614**

(for registration & information)

Social Programs

Laurie ext. 421

Minds in Motion

Sherri ext. 102

Laughter Yoga

Laurie ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>3 Together Apart 11:00am-Noon</p>	<p>4 <u>Minds in Motion</u> Cayuga 10:30am</p>	<p>5 Laughter Yoga 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>6 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>9 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>10 Together Apart 11:00am-Noon</p>	<p>11 <u>Minds in Motion</u> Cayuga 10:30am</p>	<p>12 Laughter Yoga 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>13 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>16 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>17 Together Apart 11:00am-Noon</p>	<p>18 <u>Minds in Motion</u> Cayuga 10:30am</p>	<p>19 Laughter Yoga 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>20 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>23</p> 	<p>24 Together Apart 11:00am-Noon</p>	<p>25 <u>Minds in Motion</u> Cayuga 10:30am</p>	<p>26 Laughter Yoga 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>27 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>30 <u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>31 Together Apart 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.

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.