

Social Programs- Halton May 2022

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 **1-888-343-1017**

(for registration & information)

Social Programs

Khush ext. 310

Minds in Motion

Sherri ext. 102

Laughter Yoga

Laurie ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	4 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	5 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm	6
9	10 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	11 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	12 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm	13 Let's Get Together 2:00pm-3:00pm
16	17 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	18 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	19 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm	20
23 	24 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	25 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	26 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm Circle of cares: Women's Social 10:00am-12:00pm	27 Let's Get Together 2:00pm-3:00pm
30	31 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm			

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.

Creative Expressions: This 8 week program provides a chance to explore the creative side of life for persons with early-stage dementia and their care partner. Participants view and discuss art of the week, followed by creating their own unique art with various media. Call us to register for the program.

Circle of Carer's- This monthly program is an opportunity to socialize with women carers in an environment of mutual understanding of other women going through similar experiences. Though there is no actual program outlined, participants are encouraged to actively suggest the topics to the facilitator. This is not a support group.