

Social Programs Hamilton May 2022

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 **1-888-343-1017**

(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
2	3 Minds in Motion Group #1 - 10:30AM Together Apart 11:00am-Noon	4	5 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30AM Social Club 2:00-3:00pm	6
9	10 Minds in Motion Group #1 - 10:30AM Together Apart 11:00am-Noon	11	12 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30AM Social Club 2:00-3:00pm	13
16	17 Minds in Motion Group #1 - 10:30AM Together Apart 11:00am-Noon	18	19 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30AM Social Club 2:00-3:00pm	20
23 	24 Minds in Motion Group #1 - 10:30AM Together Apart 11:00am-Noon	25	26 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30AM Social Club 2:00-3:00pm	27
30	31 Minds in Motion Group #1 - 10:30AM Together Apart 11:00am-Noon			

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.