

Social Programs Brant Haldimand Norfolk June 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
		1 Minds in Motion Cayuga 10:30am	2 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Brant group # 3 12:30pm Social Club 2:00-3:00pm	3 Minds in Motion Simcoe 10:00am Minds in Motion Brant group # 4 12:30pm Minds in Motion Hagersville 1:00pm
6 Minds in Motion Simcoe 10:00am Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm Minds in Motion Hagersville 1:00pm	7 Together Apart 11:00am-Noon	8 Minds in Motion Cayuga 10:30am	9 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Brant group # 3 12:30pm Social Club 2:00-3:00pm	10 Minds in Motion Simcoe 10:00am Minds in Motion Brant group # 4 12:30pm Minds in Motion Hagersville 1:00pm
13 Minds in Motion Simcoe 10:00am Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm Minds in Motion Hagersville 1:00pm	14 Together Apart 11:00am-Noon	15 Minds in Motion Cayuga 10:30am	16 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Brant group # 3 12:30pm Social Club 2:00-3:00pm	17 Minds in Motion Simcoe 10:00am Minds in Motion Brant group # 4 12:30pm Minds in Motion Hagersville 1:00pm
20 Minds in Motion Simcoe 10:00am Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm Minds in Motion Hagersville 1:00pm	21 Together Apart 11:00am-Noon	22 Minds in Motion Cayuga 10:30am	23 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Brant group # 3 12:30pm Social Club 2:00-3:00pm	24 Minds in Motion Simcoe 10:00am Minds in Motion Brant group # 4 12:30pm Minds in Motion Hagersville 1:00pm
27 Minds in Motion Simcoe 10:00am Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm Minds in Motion Hagersville 1:00pm	28 Together Apart 11:00am-Noon	29 Minds in Motion Cayuga 10:30am		

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.