

Social Programs – Halton June 2022

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 **1-888-565-4614**

(for registration & information)

Social Club / Laughter Yoga

Laurie Ball ext. 421

Minds in Motion

Sherri Miller ext. 102

Circle of Carer's / Let's Get Together

Khush Saiyed Ext: 310

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm	3
6	7 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	8 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	9 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm Circle of cares: Caregivers Connect 10:00am-12:00pm	10 Let's Get Together 2:00pm-3:00pm
13	14 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	15 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	16 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm	17
20	21 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	22 Minds in Motion Group # 1 10:00am Group # 2 1:00pm	23 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	24 Let's Get Together 2:00pm-3:00pm
27	28 Together Apart 11:00am-Noon Creative Expressions Grp 1: 10:00am - Noon Grp 2: 1:00pm-3:00pm	29	30 Laughter Yoga 10:00am-11:00am Click here to register Social Club 2:00-3:00pm	

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.

Circle of Carer's- This monthly program is an opportunity to socialize with women carers in an environment of mutual understanding of others going through similar experiences. Though there is no actual program outlined, participants are encouraged to actively suggest the topics to the facilitator. Remember this program is designed for social activities for the care giver to de stress and in a safe environment.

Creative Expressions: This is 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.

Let's Get Together: This program provides a comfortable social atmosphere to persons living with dementia and their care partner. Participants casually attend and socialize. Not a support group. Hosted by staff.