

Social Programs – Hamilton June 2022

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 **1-888-343-1017**

(for registration & information)

Social Programs / Laughter Yoga **Minds in Motion**

Laurie Ball ext. 421

Sherri Miller ext. 102

Circle of Carers

Sandra Mallett ext 215

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm	3
6	7 Minds in Motion Group #1 - 10:30am Together Apart 11:00am-Noon	8	9 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm	10
13	14 Minds in Motion Group #1 - 10:30am Together Apart 11:00am-Noon	15	16 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm	17
20 Circle of Carers: Online Caregiver Group 1:00pm-2:30pm	21 Minds in Motion Group #1 - 10:30am Together Apart 11:00am-Noon	22	23 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm	24
27	28 Minds in Motion Group #1 - 10:30am Together Apart 11:00am-Noon	29	30 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am 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 Carers: Online Caregiver Group—This monthly program is an opportunity to socialize with other caregivers in an environment of mutual understanding with others who are going through similar experiences.