

Social Programs Brant Haldimand Norfolk August 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

Sherry Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Together Apart (online) 11:00am-Noon</p> <p>Strengthen Your Mind (Simcoe) 1:30pm—3:30pm</p>	<p>3</p> <p>Minds in Motion Cayuga 10:30am</p> <p>Strengthen Your Mind (Brant) 10:30am—12:30pm</p>	<p>4</p> <p>Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Minds in Motion Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>5</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant group # 4 12:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>
<p>8</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>	<p>9</p> <p>Together Apart (online) 11:00am-Noon</p> <p>Strengthen Your Mind (Simcoe) 1:30pm—3:30pm</p>	<p>10</p> <p>Minds in Motion Cayuga 10:30am</p> <p>Strengthen Your Mind (Brant) 10:30am—12:30pm</p>	<p>11</p> <p>Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Minds in Motion Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>12</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant group # 4 12:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>
<p>15</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>	<p>16</p> <p>Together Apart (online) 11:00am-Noon</p> <p>Strengthen Your Mind (Simcoe) 1:30pm—3:30pm</p>	<p>17</p> <p>Minds in Motion Cayuga 10:30am</p>	<p>18</p> <p>Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Minds in Motion Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>19</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant group # 4 12:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>
<p>22</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>	<p>23</p> <p>Together Apart (online) 11:00am-Noon</p>	<p>24</p> <p>Minds in Motion Cayuga 10:30am</p>	<p>25</p> <p>Laughter Yoga 10:00am-11:00am Click here to register</p> <p>Minds in Motion Brant group # 3 12:30pm</p> <p>Social Club 2:00-3:00pm</p>	<p>26</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant group # 4 12:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>
<p>29</p> <p>Minds in Motion Simcoe 10:00am</p> <p>Minds in Motion Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p>Minds in Motion Hagersville 1:00pm</p>	<p>30</p> <p>Together Apart (online) 11:00am-Noon</p>	<p>31</p> <p>Minds in Motion Cayuga 10:30am</p>		

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.