

Social Programs Brant Haldimand Norfolk July 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
				<p>1</p> 
<p>4</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>5</p> <p><u>Together Apart (Online)</u> 11:00am-Noon</p>	<p>6</p> <p><u>Minds in Motion</u> Cayuga 10:30am</p> <p><u>Strengthen Your Mind (Brant)</u> 10:30am—12:30pm</p>	<p>7</p> <p><u>Laughter Yoga</u> 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p>	<p>8</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>11</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>12</p> <p><u>Together Apart (Online)</u> 11:00am-Noon</p> <p><u>Strengthen Your Mind (Simcoe)</u> 1:30pm—3:30pm</p>	<p>13</p> <p><u>Minds in Motion</u> Cayuga 10:30am</p> <p><u>Strengthen Your Mind (Brant)</u> 10:30am—12:30pm</p>	<p>14</p> <p><u>Laughter Yoga</u> 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p>	<p>15</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>18</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>19</p> <p><u>Together Apart (Online)</u> 11:00am-Noon</p> <p><u>Strengthen Your Mind (Simcoe)</u> 1:30pm—3:30pm</p>	<p>20</p> <p><u>Minds in Motion</u> Cayuga 10:30am</p> <p><u>Strengthen Your Mind (Brant)</u> 10:30am—12:30pm</p>	<p>21</p> <p><u>Laughter Yoga</u> 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p>	<p>22</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>
<p>25</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant grp # 1 12:30pm Brant grp # 2 2:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</p>	<p>26</p> <p><u>Together Apart (Online)</u> 11:00am-Noon</p> <p><u>Strengthen Your Mind (Simcoe)</u> 1:30pm—3:30pm</p>	<p>27</p> <p><u>Minds in Motion</u> Cayuga 10:30am</p> <p><u>Strengthen Your Mind (Brant)</u> 10:30am—12:30pm</p>	<p>28</p> <p><u>Laughter Yoga</u> 10:00am-11:00am Click here to register</p> <p><u>Minds in Motion</u> Brant group # 3 12:30pm</p>	<p>29</p> <p><u>Minds in Motion</u> Simcoe 10:00am</p> <p><u>Minds in Motion</u> Brant group # 4 12:30pm</p> <p><u>Minds in Motion</u> Hagersville 1:00pm</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.