

Social Programs – Halton

August 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

Halton- Social Programs
Khush Saiyed Ext: 310

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------|--|---|
| 1  | 2 Minds in Motion Group #1 - 10:30am Creative Expressions GRP 1: 10:00am-12:00pm GRP 2: 1:30pm-3:30pm | 3 | 4 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm | 5 |
| 8 | 9 Minds in Motion Group #1 - 10:30am Creative Expressions GRP 1: 10:00am-12:00pm GRP 2: 1:30pm-3:30pm | 10 | 11 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm | 12 Let's Get Together 2:00pm-3:00pm |
| 15 | 16 Minds in Motion Group #1 - 10:30am Creative Expressions GRP 1: 10:00am-12:00pm GRP 2: 1:30pm-3:30pm | 17 | 18 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm Circle of Carers- Women's Social 10:00am– 11:30am | 19 |
| 22 | 23 Minds in Motion Group #1 - 10:30am Creative Expressions GRP 1: 10:00am-12:00pm GRP 2: 1:30pm-3:30pm | 24 | 25 Laughter Yoga 10:00am-11:00am Click here to register Minds in Motion Group #2 - 10:30am Social Club 2:00-3:00pm | 26 Let's Get Together 2:00pm-3:00pm |
| 29 | 30 Minds in Motion Group #1 - 10:30am Creative Expressions GRP 1: 10:00am-12:00pm GRP 2: 1:30pm-3:30pm | 31 | | |

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.

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 other women 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