

# Social Programs – Hamilton August 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

**SYM / Midday Melodies**

Sandra Mallett ext. 215

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 	<b>2</b> <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	<b>3</b>	<b>4</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	<b>5</b>
<b>8</b> <b>Midday Melodies</b> Hamilton office 11am-Noon Call to Register	<b>9</b> <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	<b>10</b> <b>Strengthen Your Mind #4 (SYM)</b> Hamilton office 10-Noon Call to register	<b>11</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	<b>12</b>
<b>15</b>	<b>16</b> <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	<b>17</b> <b>Strengthen Your Mind #5</b> Hamilton office 10-Noon Call to register	<b>18</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	<b>19</b>
<b>22</b> <b>Midday Melodies</b> Hamilton office 11am-Noon Call to Register	<b>23</b> <b>Minds in Motion</b> Group #1 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	<b>24</b> <b>Strengthen Your Mind #6</b> Hamilton office 10-Noon Call to register	<b>25</b> <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	<b>26</b>
<b>29</b>	<b>30</b> <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	<b>31</b>		

## 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.

**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.

**Strengthen Your Mind** This series focuses on brain health with each session having a specific topic. By the end of the series participants will have had time to learn about each subject in depth and practice each strategy to maximize brain health.

**Midday Melodies**– Join us for one hour of music appreciation as we listen to classics and reminisce.