

# Social Programs – Hamilton July 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

Sherry Miller ext. 102

**SYM/ Midday Melodies**

Sandra Mallett ext 215

Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4 <b>Midday Melodies</b> Hamilton office 11am-Noon Call to Register	5 <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	6 <b>Strengthen Your Mind #1 (SYM)</b> Hamilton office 10-Noon Call to register	7 <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	8
11	12 <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	13	14 <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	15
18 <b>Midday Melodies</b> Hamilton office 11am-Noon Call to Register	19 <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	20 <b>Strengthen Your Mind #2</b> Hamilton office 10-Noon Call to register	21 <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	22
25	26 <b>Minds in Motion</b> Group #1 - 10:30am  <b>Together Apart</b> 11:00am-Noon Call to register	27 <b>Strengthen Your Mind #3</b> Hamilton office 10-Noon Call to register	28 <b>Laughter Yoga</b> 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> Group #2 - 10:30am	29

## 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.

**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.