

 **1-888-343-1017**

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
<p>1</p> <p>Office is closed</p> 	<p>2</p> <p>Creative Expressions Group #1 10:00am-12:00pm</p> <p>Creative Expressions Group #2 1:30pm-3:30pm</p>	<p>3</p> <p>Minds in Motion Group #1 10:00am- noon</p> <p>Minds in Motion Group #2 1:00pm-3:00pm</p>	<p>4</p> <p>Social Club (online) 2:00-3:00pm</p>	<p>5</p>
<p>8</p>	<p>9</p> <p>Creative Expressions Group #1 10:00am-12:00pm</p> <p>Creative Expressions Group #2 1:30pm-3:30pm</p>	<p>10</p> <p>Minds in Motion Group #1 10:00am- noon</p> <p>Minds in Motion Group #2 1:00pm-3:00pm</p>	<p>11</p> <p>Social Club (online) 2:00-3:00pm</p>	<p>12</p> <p>Let's Get Together (online & in person) 2:00pm-3:00pm</p>
<p>15</p>	<p>16</p> <p>Creative Expressions Group #1 10:00am-12:00pm</p> <p>Creative Expressions Group #2 1:30pm-3:30pm</p>	<p>17</p> <p>Minds in Motion Group #1 10:00am- noon</p> <p>Minds in Motion Group #2 1:00pm-3:00pm</p>	<p>18</p> <p>Social Club (online) 2:00-3:00pm</p> <p>Circle of Carers- Women's Social 10:00am- 11:30am</p>	<p>19</p>
<p>22</p>	<p>23</p> <p>Creative Expressions Group #1 10:00am-12:00pm</p> <p>Creative Expressions Group #2 1:30pm-3:30pm</p>	<p>24</p> <p>Minds in Motion Group #1 10:00am- noon</p> <p>Minds in Motion Group #2 1:00pm-3:00pm</p>	<p>25</p> <p>Social Club (online) 2:00-3:00pm</p>	<p>26</p> <p>Let's Get Together (online & in person) 2:00pm-3:00pm</p>
<p>29</p>	<p>30</p> <p>Creative Expressions Group #1 10:00am-12:00pm</p> <p>Creative Expressions Group #2 1:30pm-3:30pm</p>	<p>31</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.

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