



**1-800-565-4614**

**Social Programs**

Laurie Ball ext. 421

**Minds in Motion**

Sherry Miller ext. 102

**Laughter Yoga**

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 	6	7 <b>Let's Get Together</b> Brant 10:30am–12:00pm	8 <b>Laughter Yoga</b> (online) 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm	9  <b>Minds in Motion</b> <b>Brant Group # 4</b> 12:30pm –2:30pm
12 <b>Minds in Motion</b> <b>Brant Group # 1</b> 12:30pm –2:30pm  <b>Minds in Motion</b> <b>Brant Group # 2</b> 2:30pm-4:30pm	13	14 <b>Down Memory Lane</b> Brant 10:30am–12:00pm  <b>Game Time</b> Brant 2:00pm– 3:30pm	15 <b>Laughter Yoga</b> (online) 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm	16  <b>Minds in Motion</b> <b>Brant Group # 4</b> 12:30pm –2:30pm
19 <b>Minds in Motion</b> <b>Brant Group # 1</b> 12:30pm –2:30pm  <b>Minds in Motion</b> <b>Brant Group # 2</b> 2:30pm-4:30pm	20	21	22 <b>Laughter Yoga</b> (online) 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm	23  <b>Minds in Motion</b> <b>Brant Group # 4</b> 12:30pm
26 <b>Minds in Motion</b> <b>Brant Group # 1</b> 12:30pm –2:30pm  <b>Minds in Motion</b> <b>Brant Group # 2</b> 2:30pm-4:30pm	27	28  <b>Game Time</b> Brant 2:00pm– 3:30pm	29 <b>Laughter Yoga</b> (online) 10:00am-11:00am Click <a href="#">here</a> to register  <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm	30  <b>Minds Gn Motion</b> <b>Brant group # 4</b> 12:30pm

## Program Descriptions

**Minds in Motion**— once registered, this weekly program promotes both physical and cognitive health in a safe environment for persons living with dementia and their guest.

**Game Time**— once registered, this drop in program is an opportunity for persons living with dementia and their guest to have some fun playing a variety of games. From table games to small group matches, this is a pure fun time in a dementia safe environment.

**Laughter Yoga**— once registered, this weekly online drop-in program offers laughter yoga as 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.

**Down Memory Lane**— once registered, this drop in program for persons living with dementia and their guest is a chance to re-visit and share your life experiences. Join with others and recollect those life moments that we all have in common.

**Lets Get Together**— a drop in program for persons living with dementia and their guest. Get to know others in your community over a cup of coffee or tea.

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(for information and to register)

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