

1-800-565-4614

Social Programs

Laurie Ball ext. 421

Minds in Motion

Sherri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
		(Aug. 31) Minds in Motion Cayuga 10:30am – 12:30 pm	1	2 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm
5 	6 Let's Get Together Simcoe 10:00am – 11:30pm	7 Minds in Motion Cayuga 10:30am – 12:30pm	8 Laughter Yoga (online) 10:00am – 11:00am Click here to register	9 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm Game Time Simcoe 2:00pm – 3:30pm
12 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm	13 Down Memory Lane Simcoe 10:00am – 11:30am	14 Minds in Motion Cayuga 10:30am – 12:30pm	15 Laughter Yoga (online) 10:00am – 11:00am Click here to register	16 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm
19 Minds in Motion Simcoe 10:00am Let's Get Together Hagersville 10:00am – 11:30pm Minds in Motion Hagersville 1:00pm – 3:00pm	20	21 Minds in Motion Cayuga 10:30am – 12:30pm	22 Laughter Yoga 10:00am – 11:00am Click here to register	23 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm Game Time Simcoe 2:00pm – 3:30pm
26 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm	27	28 Minds in Motion Cayuga 10:30am – 12:30pm	29 Laughter Yoga 10:00am – 11:00am Click here to register	30 Minds in Motion Simcoe 10:00am – noon Minds in Motion Hagersville 1:00pm – 3:00pm

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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