

Halton

Social Programs

September

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

1-888-343-1017

Social Programs


Khush Saiyed ext. 310

Minds in Motion

Sherri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Let's Get Together (In Person) 2:00pm-3:30pm
5 	6	7 Minds in Motion Group #1 10:00am- noon Minds in Motion Group #2 1:00pm-3:00pm	8 Laughter Yoga (online) 10:00am-11:00am Click here to register	9
12 Game Time Burlington 10:30am-noon	13	14 Minds in Motion Group #1 10:00am- noon Minds in Motion Group #2 1:00pm-3:00pm	15 Laughter Yoga (online) 10:00am-11:00am Click here to register	16 Let's Get Together (on line) 2:00pm-3:30pm
19	20 Down Memory Lane Burlington 1:30pm -3:00pm	21 Minds in Motion Group #1 10:00am- noon Minds in Motion Group #2 1:00pm-3:00pm	22 Laughter Yoga (online) 10:00am-11:00am Click here to register	23
26 Game Time Burlington 10:30am-noon	27	28 Minds in Motion Group #1 10:00am- noon Minds in Motion Group #2 1:00pm-3:00pm	29 Laughter Yoga (online) 10:00am-11:00am Click here to register	30 Let's Get Together (In Person) 2:00pm-3:30pm

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— we alternate sessions between being online or an inperson 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.

 **1-888-343-1017**

(for information and to register)

Social Programs

Khush Saiyed ext. 310

Minds in Motion

Sherri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421