



**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
<p><b>3</b></p> <p><b>Minds in Motion</b> <b>Brant Group # 1</b> 12:30pm –2:30pm</p> <p><b>Minds in Motion</b> <b>Brant Group # 2</b> 2:30pm-4:30pm</p>	<p><b>4</b></p>	<p><b>5</b></p> <p><b>Let’s Get Together</b> Brant 10:30am–12:00pm</p>	<p><b>6</b></p> <p><b>Laughter Yoga</b> (online) 10:00am-11:00am <a href="#">Click here to register</a> <b>Artful Moments in Brant</b> <i>(partnered with the Art Gallery of Hamilton)</i> 10:00am-11:30am <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm</p>	<p><b>7</b></p>
<p><b>10</b></p> <p><b>Office is closed</b></p> 	<p><b>11</b></p>	<p><b>12</b></p> <p><b>Down Memory Lane</b> Brant 10:30am–12:00pm</p> <p><b>Game Time</b> Brant 2:00pm– 3:30pm</p>	<p><b>13</b></p> <p><b>Laughter Yoga</b> (online) 10:00am-11:00am <a href="#">Click here to register</a> <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm</p>	<p><b>14</b></p> <p><b>Minds in Motion</b> <b>Brant Group # 4</b> 12:30pm –2:30pm</p>
<p><b>17</b></p> <p><b>Minds in Motion</b> <b>Brant Group # 1</b> 12:30pm –2:30pm</p> <p><b>Minds in Motion</b> <b>Brant Group # 2</b> 2:30pm-4:30pm</p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p> <p><b>Laughter Yoga</b> (online) 10:00am-11:00am <a href="#">Click here to register</a> <b>Artful Moments in Brant</b> <i>(partnered with the Art Gallery of Hamilton)</i> 10:00am-11:30am <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm</p>	<p><b>21</b></p> <p><b>Minds in Motion</b> <b>Brant Group # 4</b> 12:30pm –2:30pm</p>
<p><b>24 / 31</b></p> <p><b>Minds in Motion</b> <b>Brant Group # 1</b> 12:30pm –2:30pm</p> <p><b>Minds in Motion</b> <b>Brant Group # 2</b> 2:30pm-4:30pm</p>	<p><b>25</b></p>	<p><b>26</b></p> <p><b>Game Time</b> Brant 2:00pm– 3:30pm</p>	<p><b>27</b></p> <p><b>Laughter Yoga</b> (online) 10:00am-11:00am <a href="#">Click here to register</a> <b>Minds in Motion</b> <b>Brant Group # 3</b> 12:30pm –2:30pm</p>	<p><b>28</b></p> <p><b>Minds in Motion</b> <b>Brant Group # 4</b> 12:30pm –2:30pm</p>

## 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.

**Artful Moments** (*a partnership with the Art Gallery of Hamilton*)- participants view and discuss art of the week, followed by creating their own unique works of art with various art media (no previous experience needed).

**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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