

 **1-800-565-4614**
Social Programs

Khush Saiyed ext. 310

Minds in Motion

Sherri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 Offices are closed 	11	12 Minds in Motion Group #1 10:00am– noon Minds in Motion Group #2 1:00pm-3:00pm	13 Laughter Yoga (online) 10:00am-11:00am Click here to register	14 Let's Get Together (on line) 2:00pm-3:30pm
17 Game Time Burlington 10:30am-noon	18 Down Memory Lane Burlington 1:30pm –3:00pm	19 Minds in Motion Group #1 10:00am– noon Minds in Motion Group #2 1:00pm-3:00pm Game Time Halton Hills Public Library 1:30pm-3:00pm	20 Laughter Yoga (online) 10:00am-11:00am Click here to register	21
24	25	26 Minds in Motion Group #1 10:00am– noon Minds in Motion Group #2 1:00pm-3:00pm	27 Laughter Yoga (online) 10:00am-11:00am Click here to register	28 Let's Get Together (In Person) 2:00pm-3:30pm
31 Game Time Burlington 10:30am-noon	Nov. 1	Nov. 2 Minds in Motion Group #1 10:00am– noon Minds in Motion Group #2 1:00pm-3:00pm	Nov. 3 Laughter Yoga (online) 10:00am-11:00am Click here to register	Nov. 4

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.

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(for information and to register)

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