



1-800-565-4614

Social Programs

Laurie Ball ext. 421

Minds in Motion

Sherrri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>NOTE: Nov 3rd and 25th KOBQ book club (online) 2:00pm– 3:30pm (call Laurie at 1-800-565-4614 ext. 421)</p> | 1 | <p>2 Let's Get Together Brant 10:30am–12:00pm</p> <p>Trivia Time (online) 11:00am—noon Click here to register on zoom</p> | <p>3 Laughter Yoga (online) 10:00am-11:00am Click here to register</p> <p>Artful Moments in Brant 10:00am-11:30am Minds in Motion Brant Group # 3 12:30pm –2:30pm</p> | 4 Minds in Motion Brant Group # 4 12:30pm –2:30pm |
| <p>7 Musical Memoirs (online) 11:00am—noon Click here to register</p> <p>Minds in Motion Brant Group # 1 12:30pm –2:30pm Minds in Motion Brant Group # 2 2:30pm-4:30pm</p> | 8 | <p>9 Down Memory Lane Brant 10:30am–12:00pm</p> <p>Game Time Brant 2:00pm– 3:30pm</p> | <p>10 Laughter Yoga (online) 10:00am-11:00am Click here to register</p> <p>Minds in Motion Brant Group # 3 12:30pm –2:30pm</p> | <p>11 Offices are closed in recognition of Remembrance Day</p>  |
| <p>14 Minds in Motion Brant Group # 1 12:30pm –2:30pm</p> <p>Minds in Motion Brant Group # 2 2:30pm-4:30pm</p> | 15 | <p>16 Trivia Time (online) 11:00am—noon Click here to register on zoom</p> | <p>17 Laughter Yoga (online) 10:00am-11:00am Click here to register</p> <p>Artful Moments in Brant (10:00am-11:30am Minds in Motion Brant Group # 3 12:30pm –2:30pm</p> | 18 Minds in Motion Brant Group # 4 12:30pm –2:30pm |
| <p>21 & 28 Minds in Motion Brant Group # 1 12:30pm –2:30pm BrantGrp#2 2:30pm-4:30pm</p> | <p>22</p> <p style="text-align: right;">29</p> | <p>23 Game Time Brant 2:00pm– 3:30pm</p> <p style="text-align: right;">30</p> | <p>24 Laughter Yoga (online) 10:00am-11:00am Click here to register Minds in Motion Brant Group # 3 12:30pm –2:30pm</p> | 25 Minds in Motion Brant Group # 4 12:30pm—2:30pm |

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.

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.

Trivia Time— one hour of trivia and mind benders and games in a fun and supportive environment (online on Zoom)

Musical Memoires— join us for one hour of music appreciation as we listen to music and reminisce the songs and artists of yesterday

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(for information and to register)

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