

 **1-800-565-4614**

Social Programs


Michelle Jamieson ext. 215

Minds in Motion

Sherri Miller ext. 102

Laughter Yoga

Laurie Ball ext. 421

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTE: Nov 3rd and 25th KOBO BOOK CLUB (online) 2:00pm– 3:30pm (call Laurie at 1-800-565-4614 ext. 421)</p>	<p>1 Minds in Motion Hamilton Group #1 10:30am –12:30pm</p> <p>Brain and Body work First Place (King St. E.) 2:00pm-4:00pm</p>	<p>2 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>Minds in Motion Hamilton Group #2 10:30am –12:30pm</p>	<p>4</p>
<p>7 Musical Memoirs (online) 11:00am—noon Click here to register on zoom</p>	<p>8 Minds in Motion Hamilton Group #1 10:30am –12:30pm</p> <p>Game Time Hamilton 10:30am-noon</p> <p>Brain and Body work First Place (King St. E.) 2:00pm-4:00pm</p>	<p>9</p>	<p>10 Laughter Yoga (online) 10:00am-11:00am Click here to register</p> <p>Minds in Motion Hamilton Group #2 10:30am –12:30pm</p>	<p>11 Offices are closed in recognition of Remembrance Day</p> 
<p>14</p>	<p>15 Minds in Motion Hamilton Group #1 10:30am –12:30pm</p> <p>Brain and Body work First Place (King St. E.) 2:00pm-4:00pm</p>	<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>Minds in Motion Hamilton Group #2 10:30am –12:30pm</p>	<p>18</p>
<p>21 Down Memory Lane Hamilton 10:30am–12:00pm</p>	<p>22 Minds in Motion Hamilton Group #1 10:30am –12:30pm</p> <p>Game Time Hamilton 10:30am-noon</p> <p>Brain and Body work First Place (King St. E.) 2:00pm-4:00pm</p>	<p>23</p>	<p>24 Laughter Yoga (online) 10:00am-11:00am Click here to register</p> <p>Minds in Motion Hamilton Group #2 10:30am –12:30pm</p>	<p>25</p>
<p>28</p>	<p>29 Minds in Motion Hamilton Group #1 10:30am –12:30pm</p> <p>Brain and Body work First Place (King St. E.) 2:00pm-4:00pm</p>	<p>30</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.

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.

Brain and Body work— once registered, this weekly community based program promotes physical and cognitive health in a dementia safe environment.

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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