

Brant

 519-759-7692

Soci t  Alzheimer Society

BRANT, HALDIMAND, NORFOLK,
HAMILTON, HALTON

Social Programs

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 offices are closed for statutory holiday	3	4	5 Laughter Yoga-online click here to register 10:00am-11:00am	6
9	10	11 Creative Expressions ARTC 10:00am-noon Online Social Club Zoom 11:00am-noon Social Caf� Brantwood 2:00-3:30pm	12 Laughter Yoga-online click here to register 10:00am-11:00am Creative Expressions Brantwood 10:00am-noon	13
16	17	18 Creative Expressions ARTC 10:00am-noon Online Social Club Zoom 11:00am-noon Social Caf� Brantwood 2:00-3:30pm	19 Laughter Yoga-online click here to register 10:00am-11:00am Creative Expressions Brantwood 10:00am-noon	20
23 Minds in Motion group one Brantwood 12:30-2:30 Minds in Motion group two Brantwood 2:30-4:30pm	24	25 Creative Expressions ARTC 10:00am-noon Online Social Club Zoom 11:00am-noon Social Caf� Brantwood 2:00-3:30pm	26 Laughter Yoga-online click here to register 10:00am-11:00am Creative Expressions Brantwood 10:00am-noon Minds in Motion group one Brantwood 12:30-2:30pm	27 Minds in Motion group two Brantwood 12:30-2:30pm
30 Minds in Motion group one Brantwood 12:30-2:30 Minds in Motion group two Brantwood 2:30-4:30pm	31	<p>For full details & register for any of these programs:</p> <p> 519-759-7692 or 1-800-565-4614 for Minds in Motion: ext. 102 for all other Social Programs: ext. 421 or visit: www.alzda.ca</p>		