

Hamilton

 905-529-7030

Soci t  Alzheimer Society

BRANT, HALDIMAND, NORFOLK,
HAMILTON, HALTON

Social Programs

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Laughter Yoga-online click here to register 10:00am-11:00am	6 Creative Expressions at Sackville Sr. Ctr. group #1 1:30 – 3:30 pm
9	10 Creative Expressions at Sackville Sr. Ctr. group #2 10:00 am – noon	11 Online Social Club Zoom 11:00am-noon	12 Laughter Yoga-online click here to register 10:00am-11:00am	13 Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #1 1:30 – 3:30 pm
16	17 Creative Expressions at Sackville Sr. Ctr. group #2 10:00 am – noon Brain and Body Work First Place 2:00 – 4:00 pm	18 Online Social Club Zoom 11:00am-noon	19 Laughter Yoga-online click here to register 10:00am-11:00am	20 Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #1 1:30 – 3:30 pm
23	24 Creative Expressions at Sackville Sr. Ctr. group #2 10:00 am – noon Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	25 Online Social Club Zoom 11:00am-noon	26 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	27 Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #1 1:30 – 3:30 pm
30	31 Creative Expressions at Sackville Sr. Ctr. group #2 10:00 am – noon Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	<p>For full details & register for any of these programs please:</p> <p> 905-529-7030 or 1-800-565-4614</p> <p>for Minds in Motion: ext. 102 for all other Social Programs: ext. 215</p> <p>or visit: www.alzda.ca</p>		