

Haldimand Norfolk

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Social Programs February 2023

☎ 1-800-565-4614

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>2</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>3</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>
<p>6</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>7</p> <p>Creative Expressions Simcoe 10:00am-noon</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>8</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>9</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>10</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>
<p>13</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>14</p> <p>Creative Expressions Simcoe 10:00am-noon</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>15</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>16</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>17</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>
<p>20</p> <p>offices are closed</p> <p><i>Happy</i> Family Day</p>	<p>21</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>22</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>23</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>24</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion Simcoe 10:00am-noon</p>
<p>27</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>28</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>For full details & register for any of these programs please:</p> <p>☎ 1-800-565-4614</p> <p>for Minds in Motion: ext. 102</p> <p>for all other Social Programs: ext. 421</p> <p>or</p> <p>visit: www.alzda.ca</p>		