

Hamilton



Soci t  Alzheimer Society

Social Programs

905-529-7030

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Online Social Club Zoom 11:00am-noon	2 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	3 Creative Expressions online (Zoom) 10:00am-noon Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #1 1:30 – 3:30 pm
6	7 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	8 Online Social Club Zoom 11:00am-noon	9 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	10 Creative Expressions online (Zoom) 10:00am-noon Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #1 & #3 1:30 – 3:30 pm
13	14 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	15 Online Social Club Zoom 11:00am-noon	16 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	17 Creative Expressions online (Zoom) 10:00am-noon Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #3 1:30 – 3:30 pm
20 office closed 	21 Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	22 Online Social Club Zoom 11:00am-noon	23 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	24 Creative Expressions online (Zoom) 10:00am-noon Social Caf� Hamilton 10:30 am – noon Creative Expressions at Sackville Sr. Ctr. group #3 1:30 – 3:30 pm
27	28 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 or visit: www.alzda.ca</p>		