

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Have you got an hour to spare?</u></p> <p>Researchers say: one hour of social activities can <i>improve quality of life</i> for persons living with dementia</p> <p><u>reference</u>: PLOS medicine, Feb. 2018</p>		<p>1</p> <p>Creative Expressions ARTC 10:00am-noon</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf� Brantwood 2:00-3:30pm</p>	<p>2</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Creative Expressions Brantwood 10:00am-noon</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm group 3: Paris 10:00am-noon</p>	<p>3</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion group 2 Brantwood 12:30-2:30pm</p>
		<p>6</p> <p>Minds in Motion group one Brantwood 12:30-2:30pm</p> <p>Minds in Motion group 2 Brantwood 2:30-4:30pm</p>	<p>7</p>	<p>8</p> <p>Creative Expressions ARTC 10:00am-noon</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf� Brantwood 2:00-3:30pm</p>
<p>13</p> <p>Minds in Motion group one Brantwood 12:30-2:30pm</p> <p>Minds in Motion group 2 Brantwood 2:30-4:30pm</p>	<p>14</p>	<p>15</p> <p>Creative Expressions ARTC 10:00am-noon</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf� Brantwood 2:00-3:30pm</p>	<p>16</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Creative Expressions Brantwood 10:00am-noon</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm group 3: Paris 10:00am-noon</p>	<p>17</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion group 2 Brantwood 12:30-2:30pm</p>
<p>20</p> <p>Minds in Motion group one Brantwood 12:30-2:30pm</p> <p>Minds in Motion group 2 Brantwood 2:30-4:30pm</p>	<p>21</p>	<p>22</p> <p>Creative Expressions ARTC 10:00am-noon</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf� Brantwood 2:00-3:30pm</p>	<p>23</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Creative Expressions Brantwood 10:00am-noon</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm group 3: Paris 10:00am-noon</p>	<p>24</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion group 2 Brantwood 12:30-2:30pm</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>Creative Expressions ARTC 10:00am-noon</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf� Brantwood 2:00-3:30pm</p>	<p>30</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Creative Expressions Brantwood 10:00am-noon</p>	<p>31</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p>