

Monday		Tuesday	Wednesday	Thursday	Friday
<p><b>Have you got an hour to spare?</b></p> <p>Researchers say: one hour of social activities can .... <u><i>improve quality of life</i></u> for persons living with dementia</p> <p><a href="#">reference</a>: PLOS medicine, Feb. 2018</p>			<p><b>1</b></p> <p><b>Online Social Club</b> Zoom 11:00am-noon</p> <p><b>Minds in Motion</b> Burlington group #1: 10:00am group #2: 1:00pm</p>	<p><b>2</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00-11:00am</p>	<p><b>3</b></p> <p><b>Creative Expressions</b> online (Zoom) 10:00am-noon</p> <p><b>Social Caf�</b> Burlington 10:30am-noon</p>
		<p><b>6</b></p> <p><b>Creative Expressions</b> Milton 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Milton 1:30-3:30pm</p>	<p><b>7</b></p> <p><b>Creative Expressions</b> Burlington 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Burlington 1:30-3:30pm</p>	<p><b>8</b></p> <p><b>Online Social Club</b> Zoom 11:00am-noon</p> <p><b>Minds in Motion</b> Burlington group #1: 10:00am group #2: 1:00pm</p>	<p><b>9</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00-11:00am</p> <p><b>Social Caf�</b> Milton 1:30-3:00pm</p>
<p><b>13</b></p> <p><b>Creative Expressions</b> Milton 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Milton 1:30-3:30pm</p>	<p><b>14</b></p> <p><b>Creative Expressions</b> Burlington 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Burlington 1:30-3:30pm</p>	<p><b>15</b></p> <p><b>Online Social Club</b> Zoom 11:00am-noon</p> <p><b>Minds in Motion</b> Burlington group #1: 10:00am group #2: 1:00pm</p>	<p><b>16</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00-11:00am</p> <p><b>Social Caf�</b> Georgetown 1:30-3:00pm</p>	<p><b>17</b></p> <p><b>Creative Expressions</b> online (Zoom) 10:00am-noon</p> <p><b>Social Caf�</b> Burlington 10:30am-noon</p>	
<p><b>20</b></p> <p><b>Creative Expressions</b> Milton 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Milton 1:30-3:30pm</p>	<p><b>21</b></p> <p><b>Creative Expressions</b> Burlington 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Burlington 1:30-3:30pm</p>	<p><b>22</b></p> <p><b>Online Social Club</b> Zoom 11:00am-noon</p> <p><b>Minds in Motion</b> Burlington group #1: 10:00am group #2: 1:00pm</p>	<p><b>23</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00-11:00am</p>	<p><b>24</b></p> <p><b>Creative Expressions</b> online (Zoom) 10:00am-noon</p> <p><b>Social Caf�</b> Burlington 10:30am-noon</p>	
<p><b>27</b></p> <p><b>Creative Expressions</b> Milton 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Milton 1:30-3:30pm</p>	<p><b>28</b></p> <p><b>Creative Expressions</b> Burlington 10:30am-12:30pm</p> <p><b>Creative Expressions</b> Burlington 1:30-3:30pm</p>	<p><b>29</b></p> <p><b>Online Social Club</b> Zoom 11:00am-noon</p> <p><b>Minds in Motion</b> Burlington group #1: 10:00am group #2: 1:00pm</p>	<p><b>30</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00-11:00am</p>	<p><b>31</b></p> <p><b>Creative Expressions</b> online (Zoom) 10:00am-noon</p> <p><b>Social Caf�</b> Burlington 10:30am-noon</p>	

**For full details & register for any of these programs:**

 **1-800-565-4614**

for Minds in Motion: **ext. 102**

for all other Social Programs: **ext. 310**

visit: [www.alzda.ca](http://www.alzda.ca)