

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

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

905-529-7030 or 1-800-565-4614

for Minds in Motion: ext. 102
for all other Social Programs: ext. 215