

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>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 Waterford 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 Waterford 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>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>21</p> <p>Creative Expressions Waterford 10:00am-noon</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>Creative Expressions Waterford 10:00am-noon</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>29</p> <p>Minds in Motion Cayuga 10:30-12:30</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>31</p> <p>Creative Expressions online (Zoom) 10:00am-noon</p> <p>Minds in Motion Simcoe 10:00am-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. 421

🌐: www.alzda.ca