

Brant

☎ 519-759-7692

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Social Programs

April 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------|---|--|---|
| <p>3</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>4</p> | <p>5</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf  Brantwood 2:00-3:30pm</p> | <p>6</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm</p> | <p>7</p> <p>Offices are closed</p>  |
| <p>10</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>11</p> | <p>12</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf  Brantwood 2:00-3:30pm</p> | <p>13</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm</p> | <p>14</p> <p>Minds in Motion group 2 Brantwood 12:30-2:30pm</p> |
| <p>17</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>18</p> | <p>19</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf  Brantwood 2:00-3:30pm</p> | <p>20</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm</p> | <p>21</p> <p>Minds in Motion group 2 Brantwood 12:30-2:30pm</p> |
| <p>24</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>25</p> | <p>26</p> <p>Online Social Club Zoom 11:00am-noon</p> <p>Social Caf  Brantwood 2:00-3:30pm</p> | <p>27</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Minds in Motion group 1: Brantwood 12:30-2:30pm</p> | <p>28</p> <p>Minds in Motion group 2 Brantwood 12:30-2:30pm</p> |

April Brain Health considerations:

"We are social animals by nature, so we tend to function better when we're in a community and being around others," Dr. Sawchuk says. (Mayo Clinic psychologist)

(<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-the-benefits-of-being-socially-connected/>, 2019)

Our Social Programs are available to anyone living with early to mid-stage dementia and their guest.

Programs are at no fee and you are more than welcome to trial a session with no commitment.

For full details, please call Laurie at 1-800-565-4614 ext. 421