

Haldimand Norfolk

☎ 1-800-565-4614

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 Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>4</p> <p>Creative Expressions Waterford 10:00am-noon</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>5</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>6</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p> <p>Social Caf� Dunnville 2:00-3:30pm</p>	<p>7</p> <p>Offices are closed</p> 
<p>10</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>11</p> <p>Creative Expressions Waterford 10:00am-noon</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>12</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>13</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>14</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>
<p>17</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>18</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>19</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>20</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>21</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>
<p>24</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</p>	<p>25</p> <p>Social Caf� Simcoe 2:00-3:30pm</p>	<p>26</p> <p>Minds in Motion Cayuga 10:30-12:30</p> <p>Online Social Club Zoom 11:00am-noon</p>	<p>27</p> <p>Laughter Yoga-online click here to register 10:00am-11:00am</p>	<p>28</p> <p>Minds in Motion Simcoe 10:00am-noon</p> <p>Minds in Motion Hagersville 1:00-3:00pm</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