


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</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>4</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>5</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>6</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00am-11:00am</p>	<p><b>7</b></p> <p><b>Offices are closed</b></p> 
<p><b>10</b></p>	<p><b>11</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>12</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>13</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00am-11:00am</p>	<p><b>14</b></p> <p><b>Social Caf� Burlington</b> 10:30am-noon</p>
<p><b>17</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>18</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>19</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>20</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00am-11:00am</p>	<p><b>21</b></p> <p><b>Social Caf� Burlington</b> 10:30am-noon</p>
<p><b>24</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>25</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>26</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>27</b></p> <p><b>Laughter Yoga-online</b> click <a href="#">here</a> to register 10:00am-11:00am</p>	<p><b>28</b></p> <p><b>Social Caf� Burlington</b> 10:30am-noon</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 Khush at 1-800-565-4614 ext. 310