

Hamilton


Soci t  Alzheimer Society

BRANT, HALDIMAND, NORFOLK,
HAMILTON, HALTON

Social Programs

April 2023

905-529-7030

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>	<p>4</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>5</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>Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon</p>	<p>7</p> <p>Offices are closed</p> 
<p>10</p>	<p>11</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>12</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>Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon</p>	<p>14</p> <p>Social Caf� Hamilton 10:30 am – noon</p> <p>Creative Expressions at Sackville Sr. Ctr. group #4 1:30 – 3:30 pm</p>
<p>17</p>	<p>18</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>19</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>Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon</p>	<p>21</p> <p>Social Caf� Hamilton 10:30 am – noon</p> <p>Creative Expressions at Sackville Sr. Ctr. group #4 1:30 – 3:30 pm</p>
<p>24</p>	<p>25</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>26</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>Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon</p>	<p>28</p> <p>Social Caf� Hamilton 10:30 am – noon</p> <p>Creative Expressions at Sackville Sr. Ctr. group #4 1:30 – 3:30 pm</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 Michelle at 1-800-565-4614 ext. 215