

Haldimand Norfolk

Social Programs May 2023

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

 1-800-565-4614

Monday	Tuesday	Wednesday	Thursday	Friday
1 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm	2 Social Caf� Simcoe 2:00-3:30pm	3 Minds in Motion Cayuga 10:30-12:30 Online Social Club Zoom 11:00am-noon	4 Laughter Yoga-online click here to register 10:00am-11:00am Social Caf� Dunnville 2:00-3:30pm	5 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm
8 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm	9 Social Caf� Simcoe 2:00-3:30pm	10 Minds in Motion Cayuga 10:30-12:30 Online Social Club Zoom 11:00am-noon	11 Laughter Yoga-online click here to register 10:00am-11:00am	12 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm
15 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm	16 Social Caf� Simcoe 2:00-3:30pm	17 Minds in Motion Cayuga 10:30-12:30 Online Social Club Zoom 11:00am-noon	18 Laughter Yoga-online click here to register 10:00am-11:00am	19 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm
22 	23 Social Caf� Simcoe 2:00-3:30pm	24 Minds in Motion Cayuga 10:30-12:30 Online Social Club Zoom 11:00am-noon	25 Laughter Yoga-online click here to register 10:00am-11:00am	26 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm
29 Minds in Motion Simcoe 10:00am-noon Minds in Motion Hagersville 1:00-3:00pm Monday Mid Day Melodies Click here to register 2:00 – 3:00 pm	30 Social Caf� Simcoe 2:00-3:30pm	31 Minds in Motion Cayuga 10:30-12:30 Online Social Club Zoom 11:00am-noon		

“Mid Day Melodies” is back

Join us for this On-line Music Appreciation Series, this time on **Mondays**

May 29th, June 5th, 12th, 19th, 26th, 2023

2:00 pm to 3:00 pm

To register: click [here](#) (this event is hosted virtually on Zoom)

Questions? Call 1-800-565-4614 (ext 421)

