


Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	3 Online Social Club Zoom 11:00am-noon	4 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	5 Social Caf� Hamilton 10:30 am – noon
8 Creative Expressions Feedback session Hamilton 10:30 am – noon	9 Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	10 Online Social Club Zoom 11:00am-noon	11 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	12 Social Caf� Hamilton 10:30 am – noon
15 Activity and Game Kit Q&A Hamilton 10:30 am – noon	16 Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	17 Online Social Club Zoom 11:00am-noon	18 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	19 Social Caf� Hamilton 10:30 am – noon
22 	23 Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	24 Online Social Club Zoom 11:00am-noon	25 Laughter Yoga-online click here to register 10:00am-11:00am Minds in Motion group #2 Westmount Rec. Ctr. 10:30am-noon	26 Social Caf� Hamilton 10:30 am – noon
29 Monday Mid Day Melodies Click here to register 2:00 – 3:00 pm	30 Minds in Motion group #1 Westmount Rec. Ctr. 10:30am-noon Brain and Body Work First Place 2:00 – 4:00 pm	31 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)

