

Social Programs for Fall 2023 2023

(please note: all offices closed on Sept 4th, Oct 9th, Nov 13th, Dec 25th, Dec 26th)

Online Groups- Zoom (open for all areas)

Group	Who is this for?	Day	Dates	Time	To Register
Phone-in Social Club	For persons living with dementia to meet and reminisce with others over the phone!	Mondays	Oct. 16 th – Dec. 11 th	1:00pm- 1:30pm	☎ 1-800-565-4614 ext. 315 (Kate)
Online Social Club	For persons living with early to mid stage dementia who want to connect, have fun and share.	Wednesdays	Sept 6 th - Dec 13 th	11:00am - noon	☎ 1-800-565-4614 ext. 421 (Laurie)
Laughter Yoga	Open to the General Public	Thursdays	Sept 7 th - Dec 14 th	10:00 am - 11:00 am	☎ 1-800-565-4614 ext. 421 (Laurie) or click here
please find links on our website: www.alzda.ca (scroll down to the program calendars tab)					

Why are Social Programs especially important as we age?

Including meaningful social activities in your day is important for everyone – but is especially important to help you keep your brain healthy for as long as possible. Dementia can be isolating. Loneliness, among other complicated emotions, can affect your mental well-being.

Finding opportunities to interact with the people around you will help you stay engaged. When we are connected with others, through programs such as these, the benefits are for our bodies, our minds and our relationships.

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Haldimand and Norfolk

Group	Location	Day	Dates	Time	To Register
Social Caf� (Waterford)	Waterford Heritage & Agricultural Museum (159 Nichol St W. Waterford)	First Tuesday of each month	Sept 5 th Oct 3 rd Nov 7 th Dec 5 th	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Social Caf� (Delhi)	Delhi Friendship Centre (418 Queen Street, Delhi)	Second Tuesday of each month	Sept 12 th Oct 10 th Nov 14 th Dec 12 th	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Social Caf� (Port Dover)	Lion’s Silver Lake Market (320 Patrick Street, Port Dover)	Third Tuesday of each month	Sept 19 th Oct 17 th Nov 21 st	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Social Caf� (Simcoe)	Hazel Place (645 Norfolk St. N., Simcoe)	Fourth Tuesday of each month	Sept 26 th Oct 24 th Nov 28 th	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Social Caf� (Dunnville)	True Experience (201 Forest St E., Dunnville)	First Thursday of each month	Sept 7 th Oct 5 th Nov 2 nd Dec 7 th	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Creative Expressions	Art with Heart (33 Norfolk Street North, Simcoe)	Tuesdays	Sept 5 th - Oct. 24 th	10:00am - noon	☎ 1-800-565-4614 ext. 421 (Laurie)
Creative Expressions	Lynwood Arts Centre (21 Lynnwood Ave., Simcoe)	Fridays	Nov 3 rd – Dec. 15 th (no program Dec. 8 th)	2:00pm- 4:00pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Minds in Motion	Cayuga Memorial Arena	Wednesdays	Sept. 6 th – Oct. 25 th	10:30am- noon	☎ 1-800-565-4614 ext. 102 (Sherri)
Minds in Motion	Hazel Place, Simcoe	Mondays and Fridays	Aug. 21 st – Oct. 13 th	10:00am- 11:30am	☎ 1-800-565-4614 ext. 102 (Sherri)
Minds in Motion	Hagersville United Church	Mondays and Fridays	Aug. 28 th – Oct. 20 th	1:00pm – 2:30pm	☎ 1-800-565-4614 ext. 102 (Sherri)