

## Social Programs for Fall 2023 2023

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

### Online Groups- Zoom (open for all areas)

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

Group	Location	Day	Dates	Time	To Register
<b>Brain and Body Works</b>	395 Mohawk Rd.	Wednesdays	Sept. 20 <sup>th</sup> - Nov. 29 <sup>th</sup>	1:30pm – 3:30pm	☎ 1-800-565-4614 ext. 215 (Jake)
<b>Creative Expressions (Hamilton)</b>	Sackville Hill Seniors Recreation Centre (Room 3)	Tuesdays	Sept. 5 <sup>th</sup> - Oct. 24 <sup>th</sup>	1:30pm – 3:30pm	☎ 1-800-565-4614 ext. 215 (Jake)
<b>Creative Expressions (Hamilton)</b>	Sackville Hill Seniors Recreation Centre (Room 3)	Tuesdays	Oct. 31 <sup>st</sup> – Dec. 19 <sup>th</sup>	1:30pm – 3:30pm	☎ 1-800-565-4614 ext. 215 (Jake)
<b>Creative Expressions (Ancaster)</b>	Ancaster Senior Achievement Centre	Mondays	Sept. 11 <sup>th</sup> – Oct. 30 <sup>th</sup> (no program Oct. 9 <sup>th</sup> )	10:00am – 12:00pm	☎ 1-800-565-4614 ext. 215 (Jake)
<b>Creative Expressions (Ancaster)</b>	Ancaster Senior Achievement Centre	Mondays	Nov. 6 <sup>th</sup> - Dec. 18 <sup>th</sup> (no program Nov. 13 <sup>th</sup> )	10:00am – 12:00pm	☎ 1-800-565-4614 ext. 215 (Jake)
<b>Social Cafe</b>	Sackville Hill Seniors Recreation Centre (Meeting Room)	Mondays	Sept. 11 <sup>th</sup> - Dec. 18 <sup>th</sup> (no program Oct. 9 <sup>th</sup> or Nov. 13 <sup>th</sup> )	1:30pm – 3:00pm	☎ 1-800-565-4614 ext. 215 (Jake)
<b>Minds in Motions (Group #1)</b>	Westmount Recreation Centre	Tuesdays	Sept. 12 <sup>th</sup> - Dec.19 <sup>th</sup>	10:30am – 12:00pm	☎ 1-800-565-4614 ext. 102 (Sherri)
<b>Minds in Motion (Group #2)</b>	Westmount Recreation Centre	Thursdays	Sept.14 <sup>th</sup> – Dec. 21 <sup>st</sup>	10:30am - 12:00pm	☎ 1-800-565-4614 ext. 102 (Sherri)