

Social Programs for Fall 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
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
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 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.

Social Programs for Fall 2023

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

Brantford

Group	Location	Day	Dates	Time	To Register
Social Caf�	Brantford Library, 173 Colborne St.	Wednesdays	Sept. 6 th – Dec. 13 th	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
Creative Expressions Brantford (Series # 1)	Brantwood 25 Bell Lane, Suite 100	Thursdays	Sept 14 th – Oct. 26 th	10:00am - noon	☎ 1-800-565-4614 ext. 421 (Laurie)
Creative Expressions Brantford (Series # 2)	Brantwood 25 Bell Lane, Suite 100	Thursdays	Nov. 2 nd – Dec. 14 th	10:00am - noon	☎ 1-800-565-4614 ext. 421 (Laurie)
Minds in Motion	Brantwood 25 Bell Lane, Suite 100	Mondays & Thursdays	Sept. 11 th – Nov. 3 rd	12:30pm – 2:00pm	☎ 1-800-565-4614 ext. 103 (Sherri)
Minds in Motion	Brantwood 25 Bell Lane, Suite 100	Mondays & Fridays	Sept. 11 th – Nov. 3 rd	12:30pm – 2:00pm	☎ 1-800-565-4614 ext. 103 (Sherri)