

Social Programs for Sept, Oct, Nov, Dec 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)					

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Hamilton

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