

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) | | | | | |

Halton

| Group | Location | Day | Dates | Time | To Register |
|---|--|------------|--|---|--------------------------------------|
| Creative Expressions Burlington | 4391 Harvester Rd, Unit 8 Burlington | Tuesdays | Nov. 7 th - Dec. 19 th | 10:30am- 12:30pm <i>or</i> 1:30pm- 3:30pm | ☎1-800-565-4614 ext. 315 (Kate) |
| Creative Expressions Milton | The Canadian Legion Milton 21 Charles St Milton | Mondays | Nov. 6 th – Dec. 18 th (no session Nov. 13 th) | 10:30am- 12:30pm <i>or</i> 1:30pm- 3:30pm | ☎1-800-565-4614 ext. 315 (Kate) |
| Social Cafe Burlington | Lions Club, 471 Pearl St., Burlington | Fridays | Sept. 8 th – Dec. 15 th (no program Sept. 22 nd or Dec. 8 th) | 10:30am- noon | ☎1-800-565-4614 ext. 315 (Kate) |
| Social Cafe Burlington (in office) | 4391 Harvester Rd, Unit 8, Burlington | Mondays | Oct. 16 th – Dec. 18 th (no program Nov. 13 th) | 10:30am- noon | ☎1-800-565-4614 ext. 315 (Kate) |
| Social Cafe Milton | Grace Anglican Church 317 Main St E, Milton | Thursdays | Oct. 5 th – Dec. 14 th | 1:00pm- 2:30pm | ☎1-800-565-4614 ext. 315 (Kate) |
| Minds in Motion | Compass Point Bible Church | Wednesdays | Oct. 18 th – Dec. 6 th | 10:00am- 11:30am | ☎1-800-565-4614 ext. 102 (Sherri) |
| Minds in Motion | Compass Point Bible Church | Wednesdays | Oct. 18 th – Dec. 6 th | 1:00pm- 2:30pm | ☎1-800-565-4614 ext. 102 (Sherri) |
| Minds in Motion | Longos – The Loft Wycroft Rd, Oakville | Mondays | Oct. 18 th – Dec. 6 th | 1:00pm- 2:30pm | ☎1-800-565-4614 ext. 102 (Sherri) |