

Social Programs for Jan, Feb, March, 2024

(please note: all offices closed on Jan 1st, Feb 19th, March 29th)

Online Groups- Zoom (open for all areas)

Group	Who is this for?	Day	Dates	Time	To Register
Online Social Club	For persons living with early to mid stage dementia who want to connect, have fun and share.	Wednesdays	Jan 10 th - March 27 th	11:00am - noon	☎ 1-800-565-4614 ext. 401 (Laurie)
Laughter Yoga	Open to the General Public	Thursdays	Jan 11 th – March 28 th	10:00 am - 11:00 am	☎ 1-800-565-4614 ext. 401 (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
Creative Expressions (Hamilton)	Sackville Hill Seniors Recreation Centre (Room 3)	Tuesdays	Jan 9 th – Feb 27 th (no program Feb 20 th)	1:30pm – 3:30pm	☎1-800-565-4614 ext. 215 (Michelle)
Creative Expressions (Ancaster)	Ancaster Senior Achievement Centre	Mondays	Jan 8 th – March 4 th (no program Feb 19 th)	10:00am – 12:00pm	☎1-800-565-4614 ext. 215 (Michelle)
Social Cafe	Sackville Hill Seniors Recreation Centre (Meeting Room)	Mondays	Jan 8 th – April 29 th (no program Feb 19 th)	1:30pm – 3:00pm	☎1-800-565-4614 ext. 215 (Michelle)
Minds in Motions (Group #1)	Westmount Recreation Centre	Tuesdays	Jan 9 th – Feb 29 th March 5 th – April 25 th	10:30am – 12:00pm	☎1-800-565-4614 ext. 102 (Sherri)
Minds in Motion (Group #2)	Westmount Recreation Centre	Thursdays	Jan 9 th – Feb 29 th March 5 th – April 25 th	10:30am - 12:00pm	☎1-800-565-4614 ext. 102 (Sherri)