

## Social Programs for Jan, Feb, March, 2024

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

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

Group	Who is this for?	Day	Dates	Time	To Register
<b>Online Social Club</b>	For persons living with early to mid stage dementia who want to connect, have fun and share.	Wednesdays	Jan 10 <sup>th</sup> - March 27 <sup>th</sup>	11:00am - noon	☎ 1-800-565-4614 ext. 401 (Laurie)
<b>Laughter Yoga</b>	Open to the General Public	Thursdays	Jan 11 <sup>th</sup> – March 28 <sup>th</sup>	10:00 am - 11:00 am	☎ 1-800-565-4614 ext. 401 (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)					

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### Haldimand and Norfolk

Group	Location	Day	Dates	Time	To Register
<b>Social Caf� (Waterford)</b>	Waterford Heritage & Agricultural Museum (159 Nichol St W. Waterford)	First Tuesday of each month	Feb 6th March 5 <sup>th</sup>	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Social Caf� (Delhi)</b>	Delhi Friendship Centre (418 Queen Street, Delhi)	Second Tuesday of each month	Jan 9 <sup>th</sup> Feb 13 <sup>th</sup> March 12 <sup>th</sup>	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Social Caf� (Port Dover)</b>	Lion’s Silver Lake Market (320 Patrick Street, Port Dover)	Third Tuesday of each month	Jan 16 <sup>th</sup> Feb 20 <sup>th</sup> March 19 <sup>th</sup>	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Social Caf� (Simcoe)</b>	Hazel Place (645 Norfolk St. N., Simcoe)	Fourth Tuesday of each month	Jan 23 <sup>rd</sup> Feb 27 <sup>th</sup> March 26 <sup>th</sup>	2:00 pm – 3:30pm	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Social Caf� (Dunnville)</b>	True Experience (201 Forest St E., Dunnville)	First Thursday of each month	Jan 4 <sup>th</sup> Feb 1 <sup>st</sup> March 7 <sup>th</sup>	10:00 am – 11:30am	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Creative Expressions Norfolk</b>	Art with Heart (33 Norfolk St. N., Simcoe)	Tuesdays	Jan 9 <sup>th</sup> – Feb 13 <sup>th</sup>	10:00am-12:00pm	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Creative Expressions Norfolk</b>	Lynwood Arts Centre (21 Lynnwood Ave., Simcoe)	Fridays	Feb 16 <sup>th</sup> – March 22 <sup>nd</sup>	2:00pm-4:00pm	☎ 1-800-565-4614 ext. 421 (Laurie)
<b>Minds in Motion</b>	Cayuga Memorial Arena	Wednesdays	Jan 10 - Feb28 Mar 6 - Apr24	10:30am-noon	☎ 1-800-565-4614 ext. 102 (Sherri)
<b>Minds in Motion</b>	Hazel Place, Simcoe	Mondays and Fridays	Dec 11 –Feb 2 Feb 5 –Mar29	10:00am-11:30am	☎ 1-800-565-4614 ext. 102 (Sherri)
<b>Minds in Motion</b>	Hagersville United Church	Mondays and Fridays	Dec 18 –Feb 2 Feb 5 –Mar29	1:00pm – 2:30pm	☎ 1-800-565-4614 ext. 102 (Sherri)