

Social Programs for April, May, June, 2024

(please note: all offices closed on May 20th)

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	April 3 rd - June 26 th	11:00am - noon	☎ 1-800-565-4614 ext. 401 (Laurie)
Laughter Wellness	Open to the General Public	Thursdays	April 4 th – June 27 th	10:00 am - 11:00 am	☎ 1-800-565-4614 ext. 401 (Laurie) or click here
Mid- day Melodies	For persons living with early to mid stage dementia who want to connect, have fun and share.	Fridays	May 10 th - June 14 th	11:00am - noon	☎ 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
Artistic Expressions	550 Fennell Ave E suite 205, Hamilton	Last Tuesday of every Month	April 30, May 28, June 25	10am – 12:00pm	☎ 1-800-565-4614 Michelle: ext. 225
Brain and Body Works	395 Mohawk Rd E, Hamilton	Wednesday	April 3 – June 26	1:30pm – 3:30pm	☎ 1-800-565-4614 Michelle: ext. 225
Memory Caf�	Ancaster Seniors Achievement Centre	Mondays	May 6 – June 24 Excluding May 20th	10:30am – 12:00pm	☎ 1-800-565-4614 Michelle: ext. 225
Minds in Motions (Group #1)	Westmount Recreation Centre	Tuesdays	April 30 th – June 20 th	10:30am – 12:00pm	☎ 1-800-565-4614 ext. 102 (Sherri)
Minds in Motion (Group #2)	Westmount Recreation Centre	Thursdays	April 30 th – June 20 th	10:30am - 12:00pm	☎ 1-800-565-4614 ext. 102 (Sherri)
Sharing Dance	Sackville Hill Seniors Recreation Centre (Meeting Room)	Tuesdays	May 7 – June 25	1:30pm – 2:30pm	☎ 1-800-565-4614 Michelle: ext. 225
Social Caf�	Sackville Hill Seniors Recreation Centre (Meeting Room)	Mondays	May 6 – June 24 Excluding May 20th	1:30pm – 2:30pm	☎ 1-800-565-4614 Michelle: ext. 225
Silver Sneakers Walking Club	TB McQuesten Park (Hudson’s Bay at Limeridge mall in cases of severe weather)	Fridays	May 3 – June 28	9:00am – 10:00am	☎ 1-800-565-4614 Michelle: ext. 225