

Health & Wellness Programs for September – December 2024

(please note: all offices closed on September 2nd, October 14th, November 11th, December 25th & December 26th)

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	September 4 th – December 11 th	11:00am - noon	☎ Laurie 1-800-565-4614 ext. 401

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BRANTFORD

Group	Location	Day	Dates	Time	To Register
Social Caf�	Brantford Public Library 173 Colborne St.	Wednesdays	September 11 th – December 11 th	2:00 pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	Brantwood 25 Bell Lane, Suite 100	Thursdays	September 5 th – October 10 th	10:00am – 11:30am	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	Brantwood 25 Bell Lane, Suite 100	Mondays	October 21 st – December 2 nd	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Brantwood 25 Bell Lane, Suite 100	Mondays & Thursdays	Oct 7 th – Nov 29 th Dec 2 nd – Jan 24 th	12:30pm - 2:00pm	☎Sherri 1-800-565-4614 ext. 102
Minds in Motion	Brantwood 25 Bell Lane, Suite 100	Mondays & Fridays	Oct 7 th – Nov 29 th <i>or</i> Dec 2 nd – Jan 24 th	Mondays: 2:30pm – 4:00pm Fridays: 12:30pm - 2:00pm	☎Sherri 1-800-565-4614 ext. 102

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HALDIMAND & NORFOLK

Group	Location	Day	Dates	Time	To Register
Creative Expressions	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	September 10 th – October 15 th	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	November 5 th – December 10 th	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Social Caf� - Norfolk	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Last Friday of the Month	September 27, October 25, November 29	2:00pm to 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena <i>(55 Thornburn St. S., Cayuga)</i>	Wednesdays	Sept 4 – Oct 23 <i>or</i> Oct 30 – Dec 18	10:30am-noon	☎Sherri 1-800-565-4614 ext. 102
Minds in Motion	Colborne Village United Church <i>(30 Glendale Cres., Simcoe)</i>	Mondays and Fridays	Sept 9 – Nov 1 <i>or</i> Nov 4 – Dec 27	10:00am-11:30am	☎Sherri 1-800-565-4614 ext. 102
Minds in Motion	Hagersville United Church <i>(32 Church St., Hagersville)</i>	Mondays and Fridays	Sept 16 – Nov 8 <i>or</i> Nov 15 – Jan 17	1:00pm – 2:30pm	☎Sherri 1-800-565-4614 ext. 102

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HAMILTON

Group	Location	Day	Dates	Time	To Register
Creative Expressions - Ancaster	Ancaster Seniors Achievement Centre (622 Alberton Rd.)	Mondays	Sept 16 th – Oct 28 th (no class on Oct 14 th) or Nov 4 th – Dec 16 th (no class on Nov 11 th)	9:30am-11:00am	☎ Andrew 1-800-565-4614 ext. 225
Creative Expressions - Hamilton	ASHNHH Hamilton Office (550 Fennell Ave. East)	Thursdays	Sept 19 th – Oct 24 rd or Nov 7 th – Dec 12 th	9:30am – 11:00am	☎ Andrew 1-800-565-4614 ext. 225
Active Connections	Eva Rothwell Centre (460 Wentworth St. North)	Tuesdays	September 10 th – December 17 th	10:30am-1:00pm	☎ Andrew 1-800-565-4614 ext. 225
Social Cafe	ASHNHH Hamilton Office (550 Fennell Ave. East)	Wednesdays	September 4 th – December 18 th	2:00pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 225
Silver Sneakers	TB McQuesten Park (1199 Upper Wentworth St.) *will meet at Hudson’s Bay at Limeridge mall in cases of severe weather*	Wednesdays	September 4 th – October 23 rd	10:30am – 12:00pm	☎ Andrew 1-800-565-4614 ext. 225
Mind Frame	ASHNHH Hamilton Office (550 Fennell Ave. East)	Wednesdays	October 29 th – December 18 th	10:30am-12:00pm	☎ Andrew 1-800-565-4614 ext. 225
Minds in Motions	Westmount Recreation Centre (35 Lynbrook Dr.)	Tuesdays	Sept 24 th – Nov 14 th or Nov 19 th – Jan 9 th	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Westmount Recreation Centre (35 Lynbrook Dr.)	Thursdays	Sept 24 th – Nov 14 th or Nov 19 th – Jan 9 th	10:30am - 12:00pm	☎ Sherri 1-800-565-4614 ext. 102

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HALTON

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Creative Expressions - Milton	The Canadian Legion – Milton (21 Charles St.)	Mondays	Sept 9 th – Oct 21 st (no class on Oct 14 th) or Oct 28 th – Dec 9 th (no class on Nov 11 th)	10:30am-12:30pm or 1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Creative Expressions – Burlington	ASBHNNH Burlington Office (4391 Harvester Rd, Unit 8)	Tuesdays	Sept 10 th – Oct 15 th or Oct 29 th – Dec 3 rd	10:30am-12:30pm or 1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNNH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	Sept 9 th – Dec 16 th (no class on Oct 14 th or Nov 11 th)	10:30am-noon or 1:30pm-3:00pm	☎ Andrew 1-800-565-4614 ext. 315
Social Caf� Burlington	ASBHNNH Burlington Office (4391 Harvester Rd, Unit 8)	Thursdays	September 5 th – December 18 th	10:30am-12:00pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Milton	Grace Anglican Church (317 Main St E., Milton)	Thursdays	September 26 th , October 31 st , November 28 th , December 19 th	1:30pm – 3:00pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	Burlington Lions Club (471 Pearl St., Burlington)	Fridays	Sept 6 th – Dec 19 th	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315
Minds in Motion	Longos the Loft (3455 Wycroft Rd. Oakville)	Mondays	Sept 9 th – Nov 25 th	1:00pm-2:30pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Compass Point Bible Church (1500 Kerns Rd, Burlington)	Tuesdays	Aug 13 th – Oct 1 st or Oct 8 th – Nov 26 th	11:00am-12:30pm	☎ Sherri 1-800-565-4614 ext. 102

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Minds in Motion	Compass Point Bible Church (1500 Kerns Rd, Burlington)	Wednesdays	Sept 25 th – Nov 13 th <i>or</i> Nov 20 th – Jan 22 nd	10:00am-11:30am <i>or</i> 1:00pm-3:30pm	 Sherri 1-800-565-4614 ext. 102
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