

## Health & Wellness Programs for September – December 2024

*(please note: all offices closed on September 2<sup>nd</sup>, October 14<sup>th</sup>, November 11<sup>th</sup>, December 25<sup>th</sup> & December 26<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	September 4 <sup>th</sup> – December 11 <sup>th</sup>	11:00am - noon	☎ Laurie 1-800-565-4614 ext. 401

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### BRANTFORD

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

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### **HALDIMAND & NORFOLK**

<b>Group</b>	<b>Location</b>	<b>Day</b>	<b>Dates</b>	<b>Time</b>	<b>To Register</b>
<b>Creative Expressions</b>	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	September 10 <sup>th</sup> – October 15 <sup>th</sup>	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
<b>Creative Expressions</b>	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	November 5 <sup>th</sup> – December 10 <sup>th</sup>	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
<b>Social Caf� - Norfolk</b>	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
<b>Minds in Motion</b>	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
<b>Minds in Motion</b>	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
<b>Minds in Motion</b>	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
<b>Creative Expressions - Ancaster</b>	Ancaster Seniors Achievement Centre (622 Alberton Rd.)	Mondays	Sept 16 <sup>th</sup> – Oct 28 <sup>th</sup> (no class on Oct 14 <sup>th</sup> ) or Nov 4 <sup>th</sup> – Dec 16 <sup>th</sup> (no class on Nov 11 <sup>th</sup> )	9:30am-11:00am	☎ Andrew 1-800-565-4614 ext. 225
<b>Creative Expressions - Hamilton</b>	ASHNHH Hamilton Office (550 Fennell Ave. East)	Thursdays	Sept 19 <sup>th</sup> – Oct 24 <sup>rd</sup> or Nov 7 <sup>th</sup> – Dec 12 <sup>th</sup>	9:30am – 11:00am	☎ Andrew 1-800-565-4614 ext. 225
<b>Active Connections</b>	Eva Rothwell Centre (460 Wentworth St. North)	Tuesdays	September 10 <sup>th</sup> – December 17 <sup>th</sup>	10:30am-1:00pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Social Cafe</b>	ASHNHH Hamilton Office (550 Fennell Ave. East)	Wednesdays	September 4 <sup>th</sup> – December 18 <sup>th</sup>	2:00pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Silver Sneakers</b>	TB McQuesten Park (1199 Upper Wentworth St.) *will meet at Hudson’s Bay at Limeridge mall in cases of severe weather*	Wednesdays	September 4 <sup>th</sup> – October 23 <sup>rd</sup>	10:30am – 12:00pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Mind Frame</b>	ASHNHH Hamilton Office (550 Fennell Ave. East)	Wednesdays	October 29 <sup>th</sup> – December 18 <sup>th</sup>	10:30am-12:00pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Minds in Motions</b>	Westmount Recreation Centre (35 Lynbrook Dr.)	Tuesdays	Sept 24 <sup>th</sup> – Nov 14 <sup>th</sup> or Nov 19 <sup>th</sup> – Jan 7 <sup>th</sup>	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Westmount Recreation Centre (35 Lynbrook Dr.)	Thursdays	Nov 21 <sup>st</sup> – Jan 9 <sup>th</sup>	10:30am - 12:00pm	☎ Sherri 1-800-565-4614 ext. 102

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### HALTON

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

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