

Société Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Health & Wellness Program Calendar January - March 2025

Group name:	Description
Active Connections:	For: Older Adults Description: 45 minutes of light physical activity followed by activities designed to keep you connected with others in your community.
Brain & Body Works	For: Older Adults Description: Join us for one hour of seated exercise plus one hour of socially and mentally stimulating activities.
Creative Expressions	For: Persons Living with Early Stage Dementia and their Care Partners Description: Based off the MoMA Art Program, participants will learn about various artists and art forms and then create works of art based off the learnings.
Minds in Motion	For: Persons Living with Early to Mid-stage Dementia and their Care Partners Description: Community-based social program that incorporates physical and mental stimulation
Online Social Club	For: Persons Living with Early to Mid-stage Dementia Description: Connect and share with others in a comfortable environment. Care partners are always welcome!
Social Cafe	For: Persons Living with Early to Mid-stage Dementia and their Care Partners Description: Connect with others and engage in activities designed to promote social, cognitive or physical health. This program is designed to be led by the participants.

FOR MORE INFORMATION AND TO REGISTER FOR A PROGRAM:



1-800-565-4614



help@alzda.ca



www.alzda.ca

Health & Wellness Programs for January-March 2025

(please note: all offices closed on January 1st & February 17th)

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	January 8 th – March 26 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	January 8 th to March 26 th	2:00 pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	Brantwood (25 Bell Lane, Suite 100)	Thursdays	January 9 th to February 13 th	10:00am – 11:30am	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	Brantwood (25 Bell Lane, Suite 100)	Mondays	February 24 th to March 24 th	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Brantwood (25 Bell Lane, Suite 100)	Mondays & Thursdays	January 27 th – March 21 st or March 24 th – May 16 th	12:30pm - 2:00pm	☎Sherri 1-800-565-4614 ext. 102
Minds in Motion	Brantwood (25 Bell Lane, Suite 100)	Mondays & Fridays	January 27 th – March 21 st or March 24 th – May 16 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	January 7 th - February 11 th	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	February 18 th - March 25 th	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Social Caf� - Norfolk	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Fridays	Jan 31 st Feb 14 th Feb 28 th March 14 th March 28 th	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	January 6 th – February 28 th <i>or</i> March 3 rd – April 25 th	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	February 17 th – April 11 th	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	January 20 th – March 14 th <i>or</i> March 17 th – May 9 th	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 <i>(622 Alberton Rd.)</i>	Mondays	January 6 th – February 10 th Or February 17 th – March 31 th	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
Creative Expressions - Hamilton	YWCA <i>(75 McNab Street South)</i>	Thursdays	January 9 th – February 13 th Or February 20 th – March 27 th	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
Active Connections	Eva Rothwell Centre <i>(460 Wentworth St. North)</i>	Tuesdays	January 7 th – March 25	10:30am-1:00pm	☎ Andrew 1-800-565-4614 ext. 225
Social Cafe	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Wednesdays	January 8 th - March 26 th	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
Brain & Body Works	Mohawk Gardens Apartments <i>(395 Mohawk Road East)</i>	Wednesdays	January 8 th – March 26 th	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 225
Minds in Motions	Westmount Recreation Centre <i>(35 Lynbrook Dr.)</i>	Tuesdays	January 14 th – March 6 th or March 18 th – May 8 th	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Westmount Recreation Centre <i>(35 Lynbrook Dr.)</i>	Thursdays	January 14 th – March 6 th or March 18 th – May 8 th	10:30am - 12:00pm	☎ Sherri 1-800-565-4614 ext. 102

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HALTON

Group	Location	Day	Dates	Time	To Register
Creative Expressions - Milton	The Canadian Legion – Milton <i>(21 Charles St.)</i>	Mondays	January 6 th – February 10 th <i>or</i> February 17 th – March 24 th	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Creative Expressions – Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Tuesdays	January 7 th – February 11 th <i>or</i> February 18 th – March 25 th	10:30am-12:30pm	☎ Andrew 1-800-565-4614 ext. 315
Creative Expressions – Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Tuesdays	January 7 th – February 11 th <i>or</i> February 18 th – March 25 th	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Mondays	January 6 th – March 31 st	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Mondays	January 6 th – March 31 st	1:30pm-3:00pm	☎ Andrew 1-800-565-4614 ext. 315
Social Caf� Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Thursdays	January 9 th – March 27 th	10:30am-12:00pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Milton	Grace Anglican Church <i>(317 Main St E., Milton)</i>	Thursdays	January 30, February 27, March 27	2:00pm – 3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	Burlington Lions Club <i>(471 Pearl St., Burlington)</i>	Fridays	January 10 th – March 28 th	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315

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Minds in Motion	Longos the Loft <i>(3455 Wyecroft Rd. Oakville)</i>	Mondays	January 6 th – March 17 th	1:00pm-2:30pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Tuesdays	February 11 th – March 31 st	11:00am-12:30pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Wednesdays	January 19 th – March 19 th <i>or</i> March 26 th – May 14 th	10:00am-11:30am <i>or</i> 1:00pm-3:30pm	☎ Sherri 1-800-565-4614 ext. 102