

# Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

## Health & Wellness Program Calendar January - March 2025

Group name:	Description
<b>Active Connections:</b>	<b>For:</b> Older Adults <b>Description:</b> 45 minutes of light physical activity followed by activities designed to keep you connected with others in your community.
<b>Brain &amp; Body Works</b>	<b>For:</b> Older Adults <b>Description:</b> Join us for one hour of seated exercise plus one hour of socially and mentally stimulating activities.
<b>Creative Expressions</b>	<b>For:</b> Persons Living with Early Stage Dementia and their Care Partners <b>Description:</b> 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.
<b>Minds in Motion</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia and their Care Partners <b>Description:</b> Community-based social program that incorporates physical and mental stimulation
<b>Online Social Club</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia <b>Description:</b> Connect and share with others in a comfortable environment. Care partners are always welcome!
<b>Social Cafe</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia and their Care Partners <b>Description:</b> 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](mailto:help@alzda.ca)



[www.alzda.ca](http://www.alzda.ca)

## Health & Wellness Programs for January-March 2025

*(please note: all offices closed on January 1<sup>st</sup> & February 17<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	January 8 <sup>th</sup> – March 26 <sup>th</sup>	11:00am - noon	☎ Laurie 1-800-565-4614 ext. 401

## Health & Wellness Programs for January-March 2025

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### BRANTFORD

Group	Location	Day	Dates	Time	To Register
<b>Social Caf�</b>	Brantford Public Library (173 Colborne St.)	Wednesdays	January 8 <sup>th</sup> to March 26 <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	January 9 <sup>th</sup> to February 13 <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	February 24 <sup>th</sup> to March 24 <sup>th</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	January 27 <sup>th</sup> – March 21 <sup>st</sup> or March 24 <sup>th</sup> – May 16 <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	January 27 <sup>th</sup> – March 21 <sup>st</sup> or March 24 <sup>th</sup> – May 16 <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

Group	Location	Day	Dates	Time	To Register
<b>Creative Expressions</b>	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	January 7 <sup>th</sup> - February 11 <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	February 18 <sup>th</sup> - March 25 <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>	Fridays	Jan 31 <sup>st</sup> Feb 14 <sup>th</sup> Feb 28 <sup>th</sup> March 14 <sup>th</sup> March 28 <sup>th</sup>	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	January 6 <sup>th</sup> – February 28 <sup>th</sup> <i>or</i> March 3 <sup>rd</sup> – April 25 <sup>th</sup>	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	February 17 <sup>th</sup> – April 11 <sup>th</sup>	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	January 20 <sup>th</sup> – March 14 <sup>th</sup> <i>or</i> March 17 <sup>th</sup> – May 9 <sup>th</sup>	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 <i>(622 Alberton Rd.)</i>	Mondays	January 6 <sup>th</sup> – February 10 <sup>th</sup> Or February 17 <sup>th</sup> – March 31 <sup>th</sup>	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
<b>Creative Expressions - Hamilton</b>	YWCA <i>(75 McNab Street South)</i>	Thursdays	January 9 <sup>th</sup> – February 13 <sup>th</sup> Or February 20 <sup>th</sup> – March 27 <sup>th</sup>	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
<b>Active Connections</b>	Eva Rothwell Centre <i>(460 Wentworth St. North)</i>	Tuesdays	January 7 <sup>th</sup> – March 25	10:30am-1:00pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Social Cafe</b>	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Wednesdays	January 8 <sup>th</sup> - March 26 <sup>th</sup>	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
<b>Brain &amp; Body Works</b>	Mohawk Gardens Apartments <i>(395 Mohawk Road East)</i>	Wednesdays	January 8 <sup>th</sup> – March 26 <sup>th</sup>	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Minds in Motions</b>	Westmount Recreation Centre <i>(35 Lynbrook Dr.)</i>	Tuesdays	January 14 <sup>th</sup> – March 6 <sup>th</sup> or March 18 <sup>th</sup> – May 8 <sup>th</sup>	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Westmount Recreation Centre <i>(35 Lynbrook Dr.)</i>	Thursdays	January 14 <sup>th</sup> – March 6 <sup>th</sup> or March 18 <sup>th</sup> – May 8 <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	January 6 <sup>th</sup> – February 10 <sup>th</sup> or February 17 <sup>th</sup> – March 24 <sup>th</sup>	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	January 7 <sup>th</sup> – February 11 <sup>th</sup> or February 18 <sup>th</sup> – March 25 <sup>th</sup>	10:30am-12:30pm	☎ Andrew 1-800-565-4614 ext. 315
<b>Creative Expressions – Burlington</b>	ASBHNNH Burlington Office (4391 Harvester Rd, Unit 8)	Tuesdays	January 7 <sup>th</sup> – February 11 <sup>th</sup> or February 18 <sup>th</sup> – March 25 <sup>th</sup>	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	January 6 <sup>th</sup> – March 31 <sup>st</sup>	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315
<b>Social Cafe Burlington</b>	ASBHNNH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	January 6 <sup>th</sup> – March 31 <sup>st</sup>	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	January 9 <sup>th</sup> – March 27 <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	January 30, February 27, March 27	2:00pm – 3:30pm	☎ Andrew 1-800-565-4614 ext. 315
<b>Social Cafe Burlington</b>	Burlington Lions Club (471 Pearl St., Burlington)	Fridays	January 10 <sup>th</sup> – March 28 <sup>th</sup>	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315

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<b>Minds in Motion</b>	Longos the Loft <i>(3455 Wyecroft Rd. Oakville)</i>	Mondays	January 6 <sup>th</sup> – March 17 <sup>th</sup>	1:00pm-2:30pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Tuesdays	February 11 <sup>th</sup> – March 31 <sup>st</sup>	11:00am-12:30pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Wednesdays	January 29 <sup>th</sup> – March 19 <sup>th</sup> <i>or</i> March 26 <sup>th</sup> – May 14 <sup>th</sup>	10:00am-11:30am <i>or</i> 1:00pm-3:30pm	☎ Sherri 1-800-565-4614 ext. 102