

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Health & Wellness Program Calendar April - June 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 April – June 2025

(please note: all offices closed on April 18th, May 19th & June 11th)

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 2 nd to June 25 th	11:00am - noon	 Laurie 1-800-565-4614 ext. 401

Health & Wellness Programs for April – June 2025

(please note: all offices closed on April 18th, May 19th & June 11th)

BRANTFORD

Group	Location	Day	Dates	Time	To Register
Social Caf�	Brantford Public Library (173 Colborne St.)	Wednesdays	April 2 nd to June 25 th	2:00 pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Melodies and Masterpieces	Brantwood (25 Bell Lane, Suite 100)	Mondays	May 5, 12, 26 June 2, 9, 16	2:00 pm - 4:00 pm	☎Laurie 1-800-565-4614 ext. 401
Meet Me at the Museum	Lynnwood Arts Centre (21 Lynnwood Ave., Simcoe)	Thursday	May 1st	2:00pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Brantwood (25 Bell Lane, Suite 100)	Mondays & Thursdays	May 19 th – July 11 th	12:30pm - 2:00pm	☎Sherri 1-800-565-4614 ext. 102
Minds in Motion	Brantwood (25 Bell Lane, Suite 100)	Mondays & Fridays	May 19 th – July 11 th	Mondays: 2:30pm – 4:00pm Fridays: 12:30pm - 2:00pm	☎Sherri 1-800-565-4614 ext. 102

Health & Wellness Programs for April – June 2025

(please note: all offices closed on April 18th, May 19th & June 11th)

HALDIMAND & NORFOLK

Group	Location	Day	Dates	Time	To Register
Melodies and Masterpieces	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Tuesdays	April 29 th to June 10 th	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Concurrent Group - Dunnville	True Experience 201 Forest St E, Dunnville	Thursdays	May 8, 27 June 12, 26	1:30pm to 3:00pm	☎Laurie 1-800-565-4614 ext. 401
Meet Me at the Museum	Lynnwood Arts Centre <i>(21 Lynnwood Ave., Simcoe)</i>	Thursday	May 1st	2:00pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Social Caf� - Norfolk	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Fridays	April 11, 25 May 9, 23 June 6, 20	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	April 28 th – June 20 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	April 14 th – June 6 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	May 12 th – July 4 th	1:00pm – 2:30pm	☎Sherri 1-800-565-4614 ext. 102

Health & Wellness Programs for April – June 2025

(please note: all offices closed on April 18th, May 19th & June 11th)

HAMILTON

Group	Location	Day	Dates	Time	To Register
Active Connections	Eva Rothwell Centre (460 Wentworth St. North)	Tuesdays	April 1 st – June 24 th	10:30am-1:00pm	☎ Andrew 1-800-565-4614 ext. 225
Social Cafe	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	April 2 nd – June 25 th	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
Meet Me at the Museum	Lynnwood Arts Centre (21 Lynnwood Ave., Simcoe)	Thursday	May 1 st	2:00pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Brain & Body Works	Mohawk Gardens Apartments (395 Mohawk Road East)	Wednesdays	April 2 nd – June 25 th	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 225
Minds in Motions	Westmount Recreation Centre (35 Lynbrook Dr.)	Tuesdays	May 13 th – June 24 th	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Westmount Recreation Centre (35 Lynbrook Dr.)	Thursdays	May 15 th – June 26 th	10:30am - 12:00pm	☎ Sherri 1-800-565-4614 ext. 102

Health & Wellness Programs for April – June 2025

(please note: all offices closed on April 18th, May 19th & June 11th)

HALTON

Group	Location	Day	Dates	Time	To Register
Creative Expressions - Milton	The Canadian Legion – Milton <i>(21 Charles St.)</i>	Mondays	April 7 th – June 30 th	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Creative Expressions – Burlington	ASBHNHH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Tuesdays	May 6 th – June 24 th	10:30am-12:30pm	☎ Andrew 1-800-565-4614 ext. 315
Creative Expressions – Burlington	ASBHNHH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Tuesdays	May 6 th – June 24 th	1:30pm-3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNHH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Mondays	April 7 th – June 30 th	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNHH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Mondays	April 7 th – June 30 th	1:30pm-3:00pm	☎ Andrew 1-800-565-4614 ext. 315
Social Caf� Burlington	ASBHNHH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Thursdays	April 3 rd – June 26 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	April 27 th , May 29 th , June 27 th	2:00pm – 3:30pm	☎ Andrew 1-800-565-4614 ext. 315
Social Cafe Burlington	Burlington Lions Club <i>(471 Pearl St., Burlington)</i>	Fridays	April 4 th – June 27 th	10:30am-noon	☎ Andrew 1-800-565-4614 ext. 315
Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Tuesdays	May 27 th – July 15 th	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	May 21 st – July 9 th	10:00am-11:30am or 1:00pm-3:30pm	☎ Sherri 1-800-565-4614 ext. 102