

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Health & Wellness Program Calendar July - September 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!
Out & About – Burlington	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 in a community setting.
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 July – September 2025

(please note: all offices closed on July 1st, August 4th, September 1st & September 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	July 2 nd – September 24 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	July 2 nd – September 24 th (No program July 23 rd , Aug 13 th or Aug 27 th)	2:00 pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Game Time	Brantwood (25 Bell Lane, Suite 100)	Wednesdays	July 2 nd – August 27 th (No program July 23 rd or Aug 13 th)	10:30 to noon	☎ Laurie 1-800-565-4614 ext. 401
Paint with Me	Brantwood (25 Bell Lane, Suite 100)	Mondays	July 7 th & 28 th August 18 th & 25 th September 15 th & 22 nd	2:00 pm - 4:00 pm	☎ Laurie 1-800-565-4614 ext. 401
Cooking Together	Brantwood (25 Bell Lane, Suite 100)	Thursday	July 3 rd	1:30pm to 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Meet Me at the ...	<i>Various locations across Brant and Norfolk</i>	Check flyer or call Laurie for details.			☎ Laurie 1-800-565-4614 ext. 401
Minds in Motion	Brantwood (25 Bell Lane, Suite 100)	Mondays & Thursdays	July 14 th – August 29 th	12:30pm - 2:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Brantwood (25 Bell Lane, Suite 100)	Mondays & Fridays	July 14 th – August 29 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
Paint with Me	Hazel Place – (645 Norfolk St. N., Simcoe)	Tuesdays	July 15 th , 29 th Aug 19 th , 26 th Sept 16 th , 23 rd	2:00pm – 4:00pm	☎ Laurie 1-800-565-4614 ext. 401
Silver Sneakers Norfolk	Simcoe Lion's Ball Park 75 Davis Street E. Simcoe	Tuesdays	July 8 - September 30 <i>(No program July 22 or Aug 12)</i>	10:00am - 11:00am	☎ Laurie 1-800-565-4614 ext. 401
Meet Me at the ...	<i>Various locations across Brant and Norfolk</i>	Check flyer or call Laurie for details			☎ Laurie 1-800-565-4614 ext. 401
Social Caf� - Norfolk	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Fridays	July 4 th & 18 th Aug 8 th & 22 nd September 5 th & 19 th	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena <i>(55 Thornburn St. S., Cayuga)</i>	Wednesdays	September 3 rd – October 22 nd	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	June 9 th – August 1 st <i>or</i> September 29 th – November 21 st	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	July 7 th – August 29 th <i>or</i> September 8 th – October 31 st	1:00pm – 2:30pm	☎ Sherri 1-800-565-4614 ext. 102

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HAMILTON

Group	Location	Day	Dates	Time	To Register
Silver Sneakers Hamilton	Location will change monthly. Please contact coordinator.	Tuesdays	July 8 th – September 30 th	9:00 am – 10:30 am	☎ Andrew 1-800-565-4614 ext. 225
Social Cafe Hamilton	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	July 2 nd – September 24 th	10:00am-11:30am	☎ Andrew 1-800-565-4614 ext. 225
Mind Frame	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	July 2 nd – September 24 th	1:30pm-3:00pm	☎ Andrew 1-800-565-4614 ext. 225
Minds in Motions	Hill Park Recreation Centre (305 South Bend Road, E)	Tuesdays	July 8 th – August 12 th	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Hill Park Recreation Centre (305 South Bend Road, E)	Thursdays	July 3 rd – August 7 th	10:30am - 12:00pm	☎ Sherri 1-800-565-4614 ext. 102

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HALTON

Group	Location	Day	Dates	Time	To Register
Social Cafe Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Mondays	July 7 th – September 29 th	10:30am-noon	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Mondays	July 7 th – September 29 th	1:30pm-3:00pm	☎ Syed 1-800-565-4614 ext. 315
Social Caf� Burlington	ASBHNNH Burlington Office <i>(4391 Harvester Rd, Unit 8)</i>	Thursdays	July 3 rd – September 25 th	10:30am-12:00pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Milton	Grace Anglican Church <i>(317 Main St E., Milton)</i>	Thursdays	July 31 st , August 28 th , September 25 th	2:00pm – 3:30pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Burlington	Burlington Lions Club <i>(471 Pearl St., Burlington)</i>	Fridays	July 4 th – September 26 th	10:30am-noon	☎ Syed 1-800-565-4614 ext. 315
Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Tuesdays	July 22 nd – September 9 th	11:00am-12:30pm	☎ Sherri 1-800-565-4614 ext. 102

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Out & About - Burlington

Participants of the program will have the opportunity to connect with others and engage in activities designed to promote social, cognitive or physical health in a community setting.

The meeting locations will be given during registration. They will take place at various public locations around Burlington each week (parks, libraries, etc)

Group	Day	Dates	Time	To Register
OUT & ABOUT Burlington	Tuesdays	July 8 th – September 23 rd	10:30am-noon	☎ Syed 1-800-565-4614 ext. 315
OUT & ABOUT Burlington	Tuesdays	July 8 th – September 23 rd	2:00pm-3:30pm	☎ Syed 1-800-565-4614 ext. 315
OUT & ABOUT Burlington	Wednesdays	July 9 th – September 24 th	2:00pm-3:30pm	☎ Syed 1-800-565-4614 ext. 315

*This program is funded by the Burlington Community Foundation and will run from July – September 2025.
This program is for persons living with early to mid-stage dementia and their care partners.*

