

# Société Alzheimer Society

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

<https://alzda.ca>

1-800-565-4614

Charitable #: 825692866 RR 0001

February 2026

Hello,

Enclosed is your February *Activity Kit* offered by the Social Programs Team at the Alzheimer Society.

These activities are meant to be enjoyed by both the person living with dementia and you. They are designed to provide the opportunity to have good moments together, so please focus on the process of doing them together and not worry so much about finishing or “doing it right”. Sometimes even if the person living with dementia has never enjoyed a type of activity found in the kit in their past, they may enjoy it now. And not every activity may “work” on the first try, if you find that the person living with dementia is not enjoying the activity, it’s alright to put it away to try at another time.

We also have *Game Kits* and other Activity Resources that are available to borrow from your local Alzheimer Society office. Please call us if you have questions about borrowing any of these resources.

Please contact us if you wish to know more about our in-person and online programs or are in need support from the Alzheimer Society and we wish you all of the very best of the upcoming Holiday season.

Sincerely,

The Social Programs Team

**Laurie, ext. 401 (Brant Haldimand Norfolk)**

**Julie, ext. 232 (Hamilton)**

**Syed, ext. 315 (Halton)**



Finding Your Way helps people living with dementia, their families, caregivers and communities to recognize the risk of going missing, be prepared for incidents of going missing and ensure that people with dementia can live safely in the community. 60 percent of people with dementia-related memory problems become lost at some point. Find out how Finding Your Way can help by visiting <http://findingyourwayontario.ca/>