

Health & Wellness Program Calendar

January - March 2026

Group name:	Description
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 to mid stage dementia and their care partners Description: Through various types of art, participants are invited to explore self-expression, spark memories, and connect with others in a safe and joyful environment. Enjoy a judgment-free environment with failure-free creative activities, no prior art experience required.
Memory Cafe	For: Persons living mid stage dementia and their care partners Description: An opportunity to connect with others and engage in activities designed to promote social, emotional, and cognitive health.
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.
Mind Frame	For: Persons living with early to mid stage dementia and their care partners Description: Exercise your mind through games, activities and good conversations.
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.
The Social	For: Persons living with early to mid stage dementia Description: An opportunity for engagement, stimulation, and socialization for the attending client, while also offering the care partner time for individual needs.


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 2026

(please note: our offices are closed on January 1st, February 16th)

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 7 – March 25 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	Brantford Public Library (173 Colborne St.)	Wednesdays	January 7 – March 25 (No Program Jan 28)	2:00 pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Social Cafe Paris	Community Health Hub 25 Curtis Ave N, Paris	Wednesdays	January 14 – March 25	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
Creative Expressions	515 Park Rd N. Brantford	Mondays	January 12 - March 30 (no program February 16)	2:00 pm - 4:00 pm	☎ Laurie 1-800-565-4614 ext. 401
Memory Caf�	515 Park Rd N. Brantford	Thursdays	January 8 – March 26 (No Program Jan 29)	2:00pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Minds in Motion	Brantford Retirement Manor 152 North Park St	Mondays & Thursdays	Jan 12 – Mar 6 March 9 – May 1	12:30pm - 2:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Brantford Retirement Manor 152 North Park St	Mondays & Fridays	Jan 12 – Mar 6 March 9 – May 1	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	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Tuesdays	January 13 – March 24	2:00pm – 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Social Caf� - Norfolk	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Fridays	January 2 –March 27	11:00am – 12:30pm	☎Laurie 1-800-565-4614 ext. 401
Memory Caf�	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Tuesdays	January 6 to March 31	10:30am - 12 noon	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena <i>(55 Thornburn St. S., Cayuga)</i>	Wednesdays	Jan 7 to Feb 25 Mar 4 - Apr 29 (No Class Mar 18)	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	Nov 24 to Jan 30 (No Class Dec 22, 26, 29 or Jan 2) Feb 2 – Mar 27	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	Jan 12 – Mar 6 Mar 9 – May 1	1:00pm – 2:30pm	☎Sherri 1-800-565-4614 ext. 102

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HAMILTON

Group	Location	Day	Dates	Time	To Register
Social Cafe	Eva Rothwell Center (460 Wentworth St N)	Tuesdays	January 6 – March 31	10:30am – 12:00pm	☎ Andrew 1-800-565-4614 ext. 225
Brain and Bodyworks	City Housing Hamilton (181 Main Street W)	Tuesdays	January 6 – March 31	1:30 pm – 3:30 pm	☎ Andrew 1-800-565-4614 ext. 225
Social Cafe Hamilton	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	January 7 – March 25	10:00am- 11:30am	☎ Andrew 1-800-565-4614 ext. 225
Mind Frame	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	January 7 – March 25	1:30pm- 3:00pm	☎ Andrew 1-800-565-4614 ext. 225
Minds in Motions	Westmount Recreation (35 Lynbrook Drive)	Tuesdays	January 5 – February 27 March 3 – April 30 No classes March 17	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Hill Park Recreation Centre (305 South Bend Rd E.)	Tuesdays and Thursdays	January 6 – February 26 March 3 – April 30 No classes March 17 or 19	1:00pm – 2:30pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Westmount Recreation (35 Lynbrook Drive)	Thursdays	January 5 - February 27 March 3 – April 30 No classes March 19	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	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	January 5 – March 30	1:30pm- 3:00pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	January 5 – March 30	10:30am- noon	☎ Syed 1-800-565-4614 ext. 315
Social Caf� Burlington	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Thursdays	January 8 – March 26	10:30am- 12:00pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Burlington	Burlington Lions Club (471 Pearl St., Burlington)	Fridays	January 9 – March 27	10:30am- noon	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Milton	Grace Anglican Church (317 Main St E., Milton)	Thursdays	January, February, March	2:15pm – 3:45pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Oakville	TBD	Tuesday	February 10- March 31	10:00am- 11:30pm	☎ Syed 1-800-565-4614 ext. 315
The Social - Georgetown	Links2Care (33-360 Guelph St Georgetown)	Wednesdays	January 14 - March 25	1:00pm- 4:00pm	☎ Syed 1-800-565-4614 ext. 315
The Social - Oakville	TBD	Tuesdays (TBC)	February 17- March 31	1:00- 4:00pm	☎ Syed 1-800-565-4614 ext. 315
Minds in Motion	Tansley Woods Community Centre (1996 Itabashi Way, Burlington)	Monday	January 5 – March 9	1:00pm - 2:30pm	☎ Sherri 1-800-565-4614 ext. 102

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BRANT HALDIMAND NORFOLK
HAMILTON HALTON

Minds in Motion	Compass Point Bible Church (1500 Kerns Rd, Burlington)	Wednesday	January 21 – March 11	10:00am – 11:30am	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Compass Point Bible Church (1500 Kerns Rd, Burlington)	Wednesday	January 21 – March 11	1:00pm – 2:30pm	☎ Sherri 1-800-565-4614 ext. 102
Minds in Motion	Compass Point Bible Church (1500 Kerns Rd, Burlington)	Tuesdays	November 25 to January 27 no classes December 23 or 30 February 3 to March 24	11:00am-12:30pm	☎ Sherri 1-800-565-4614 ext. 102