

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:

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 Café 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 Café 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 Café	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 – (645 Norfolk St. N., Simcoe)	Tuesdays	January 13 – March 24	2:00pm – 4:00pm	☎ Laurie 1-800-565-4614 ext. 401
Social Café - Norfolk	Hazel Place – (645 Norfolk St. N., Simcoe)	Fridays	January 2 – March 27	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
Memory Café	Hazel Place – (645 Norfolk St. N., Simcoe)	Tuesdays	January 6 to March 31	10:30am - 12 noon	☎ Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena (55 Thornburn St. S., Cayuga)	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 (30 Glendale Cres., Simcoe)	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 (32 Church St., Hagersville)	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 Café 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

Société Alzheimer Society
 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