

# Health & Wellness Program Calendar

## April - June 2026

Group name:	Description
<b>Brain &amp; Body Works</b>	<b>For:</b> Older adults <b>Description:</b> Join us for one hour of seated exercise plus one hour of socially and mentally stimulating activities.
<b>Creative Expressions</b>	<b>For:</b> Persons living with early to mid stage dementia and their care partners <b>Description:</b> 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.
<b>Memory Cafe</b>	<b>For:</b> Persons living with mid stage dementia and their care partners <b>Description:</b> An opportunity to connect with others and engage in activities designed to promote social, emotional, and cognitive health.
<b>Minds in Motion</b>	<b>For:</b> Persons living with early to mid stage dementia and their care partners <b>Description:</b> Community-based social program that incorporates physical and mental stimulation.
<b>Mind Frame</b>	<b>For:</b> Persons living with early to mid stage dementia and their care partners <b>Description:</b> Exercise your mind through games, activities and good conversations.
<b>Online Social Club</b>	<b>For:</b> Persons living with early to mid stage dementia <b>Description:</b> Connect and share with others in a comfortable environment. Care partners are always welcome!
<b>Social Cafe</b>	<b>For:</b> Persons living with early to mid stage dementia and their care partners <b>Description:</b> 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.
<b>The Social</b>	<b>For:</b> Persons living with early to mid stage dementia <b>Description:</b> 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](mailto:help@alzda.ca)
 [www.alzda.ca](http://www.alzda.ca)

## Health & Wellness Programs for April to June 2026

*(please note: our offices are closed on April 3rd, April 8th, May 18th, June 4th)*

### **Online Groups- Zoom** (open for all areas)

Group	Who is this for?	Day	Dates	Time	To Register
<b>Online Social Club</b>	For persons living with early to mid-stage dementia who want to connect, have fun and share.	Wednesdays	April 1 <sup>st</sup> – June 24 <sup>th</sup>  (No Program April 8 <sup>th</sup> )	11:00am - noon	 Laurie 1-800-565-4614 ext. 401

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### BRANTFORD

Group	Location	Day	Dates	Time	To Register
<b>Social Caf�</b> <b>Brantford</b>	Brantford Public Library (173 Colborne St.)	Wednesdays	April 1 – June 24 <b>(No Program April 8)</b>	2:00 pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
<b>Social Cafe</b> <b>Paris</b>	Community Health Hub 25 Curtis Ave N, Paris	Wednesdays	April 1 – June 24	11:00am – 12:30pm	☎Laurie 1-800-565-4614 ext. 401
<b>Creative Expressions</b>	515 Park Rd N. Brantford	Mondays	April 27 – June 22 <b>(No Program May 18)</b>	2:00 pm - 4:00 pm	☎Laurie 1-800-565-4614 ext. 401
<b>Memory Caf�</b>	515 Park Rd N. Brantford	Thursdays	April 2 – June 25 <b>(No Program April 16 June 4)</b>	2:00pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
<b>Minds in Motion</b>	Brantford Retirement Manor 152 North Park St	Mondays & Thursdays	March 9 – May 1 May 4 – June 25	12:30pm - 2:00pm	☎Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Brantford Retirement Manor 152 North Park St	Mondays & Fridays	March 9 – May 1 May 4 – June 26	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
<b>Creative Expressions</b>	<b>Hazel Place –</b> <i>(645 Norfolk St. N., Simcoe)</i>	Tuesdays	April 28 – June 30 <b>( No Program May 5, June 2)</b>	2:00pm – 4:00pm	☎ Laurie 1-800-565-4614 ext. 401
<b>Social Caf� - Norfolk</b>	<b>Hazel Place –</b> <i>(645 Norfolk St. N., Simcoe)</i>	Fridays	April 10 – June 26 <b>(No Program April 3<sup>d</sup>)</b>	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
<b>Memory Caf�</b>	<b>Hazel Place –</b> <i>(645 Norfolk St. N., Simcoe)</i>	Tuesdays	April 21 – June 30 <b>(No Program May 5)</b>	10:30am - 12 noon	☎ Laurie 1-800-565-4614 ext. 401
<b>Minds in Motion</b>	Cayuga Memorial Arena <i>(55 Thornburn St. S., Cayuga)</i>	Wednesdays	March 4 – Apr 29 (No Class Mar 18) May 6 – June 24 <b>(No classes July/Aug)</b>	10:30am- noon	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Colborne Village United Church <i>(30 Glendale Cres., Simcoe)</i>	Mondays and Fridays	Mar 30 – May 22 May 25 – July 17	10:00am- 11:30am	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Hagersville United Church <i>(32 Church St., Hagersville)</i>	Mondays and Fridays	Mar 9 – May 1 May 4 – June 26 June 29 – Aug 21	1:00pm – 2:30pm	☎ Sherri 1-800-565-4614 ext. 102

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### HAMILTON

Group	Location	Day	Dates	Time	To Register
<b>Creative Expressions</b>	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Mondays	April 6 - June 22 <b>(No Program May 18th)</b>	10:00am-12:00pm	☎ Julie 1-800-565-4614 ext. 232
<b>Social Cafe Binbrook</b>	Binbrook Library (2641 Hamilton Regional Rd 56, Binbrook)	Mondays	April 13 – June 29 <b>(No Program May 18th)</b>	2:30pm-4:00pm	☎ Julie 1-800-565-4614 ext. 232
<b>Brain and Bodyworks</b>	City Housing Hamilton <i>(200 Jackson St W)</i>	Tuesdays	April 7- June 30	1:30pm – 3:30pm	☎ Julie 1-800-565-4614 ext. 232
<b>Social Cafe Hamilton</b>	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Wednesdays	April 1 – June – 24 <b>(No Program April 8th)</b>	10:00am-11:30am	☎ Julie 1-800-565-4614 ext. 232
<b>Social Cafe Hamilton</b>	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Wednesdays	April 1 – June – 24 <b>(No Program April 8th)</b>	1:30pm-3:00pm	☎ Julie 1-800-565-4614 ext. 232
<b>Minds in Motions</b>	Westmount Recreation (35 Lynbrook Drive)	Tuesdays and Thursdays	March 3 – April 30 <b>No classes March 17 or 19</b> May 5 – June 25	10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	<i>Hill Park Recreation Centre (305 South Bend Rd E.)</i>	Tuesdays and Thursdays	March 3 – Apr 30 <b>No classes March 17 or 19</b> May 5 – June 25	1:00pm – 2:30pm	☎ Sherri 1-800-565-4614 ext. 102

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### HALTON

Group	Location	Day	Dates	Time	To Register
<b>Social Cafe Burlington</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	April 6 – June 29	10:30am-noon	☎ Syed 1-800-565-4614 ext. 305
<b>Social Cafe Burlington</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	April 6 – June 29	1:30pm-3:00pm	☎ Syed 1-800-565-4614 ext. 305
<b>Social Caf� Burlington</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Thursdays	April 2 – June 25 (No Program May 28th)	10:30am-noon	☎ Julie 1-800-565-4614 ext. 232
<b>Creative Expressions</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Thursdays	April 9-June 25	1:30pm-3:30pm	☎ Julie 1-800-565-4614 ext. 232
<b>Social Cafe Burlington</b>	Burlington Lions Club (471 Pearl St., Burlington)	Fridays	April 10 – June 26	10:30am-noon	☎ Julie 1-800-565-4614 ext. 232
<b>Social Cafe Milton</b>	Grace Anglican Church (317 Main St E., Milton)	Thursdays	April, May, June (Call for details)	2:15pm – 3:45pm	☎ Syed 1-800-565-4614 ext. 305
<b>Mind Frame Oakville</b>	Iroquois Ridge Older Adult Center (1051 Glenashton Dr. Oakville)	Tuesday	April 7 – June 30	1:30 pm – 3:00 pm	☎ Syed 1-800-565-4614 ext. 305

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<p><b>Social Cafe Oakville</b></p>	<p>Trafalgar PARK Older Adult Center  <i>(133 Rebecca St, Oakville)</i></p>	<p>Thursday</p>	<p>April 2- June 25</p>	<p>10:00am- 11:30am</p>	<p>☎ Syed 1-800-565-4614 ext. 305</p>
<p><b>The Social - Georgetown</b></p>	<p>Links2Care <i>(33-360 Guelph St Georgetown)</i></p>	<p>Wednesdays</p>	<p>April 1- June 24</p>	<p>1:00pm- 4:00pm</p>	<p>☎ Syed 1-800-565-4614 ext. 305</p>
<p><b>Minds in Motion</b></p>	<p>Tansley Woods Community Centre  <i>(1996 Itabashi Way, Burlington)</i></p>	<p>Monday</p>	<p>April 20 – June 22  Classes resume September</p>	<p>1:00pm - 2:30pm</p>	<p>☎ Sherri 1-800-565-4614 ext. 102</p>
<p><b>Minds in Motion</b></p>	<p>Compass Point Bible Church  <i>(1500 Kerns Rd, Burlington)</i></p>	<p>Wednesday</p>	<p>March 18 – May 6  May 13 – July 8  (no class July 1)</p>	<p>10:00am – 11:30am</p>	<p>☎ Sherri 1-800-565-4614 ext. 102</p>
<p><b>Minds in Motion</b></p>	<p>Compass Point Bible Church  <i>(1500 Kerns Rd, Burlington)</i></p>	<p>Wednesday</p>	<p>March 18 – May 6 May 13 – July 8  (No class July 1)</p>	<p>1:00pm – 2:30pm</p>	<p>☎ Sherri 1-800-565-4614 ext. 102</p>
<p><b>Minds in Motion</b></p>	<p>Compass Point Bible Church  <i>(1500 Kerns Rd, Burlington)</i></p>	<p>Tuesdays</p>	<p>March 31 – May 19  May 26 – July 14</p>	<p>11:00am- 12:30pm</p>	<p>☎ Sherri 1-800-565-4614 ext. 102</p>