

Health & Wellness Program Calendar

April - June 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 with 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 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
Online Social Club	For persons living with early to mid-stage dementia who want to connect, have fun and share.	Wednesdays	April 1 st – June 24 th (No Program April 8 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	April 1 – June 24 (No Program April 8)	2:00 pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Social Cafe Paris	Community Health Hub 25 Curtis Ave N, Paris	Wednesdays	April 1 – June 24	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
Creative Expressions	515 Park Rd N. Brantford	Mondays	April 27 – June 22 (No Program May 18)	2:00 pm - 4:00 pm	☎ Laurie 1-800-565-4614 ext. 401
Memory Caf�	515 Park Rd N. Brantford	Thursdays	April 2 – June 25 (No Program April 16 June 4)	2:00pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Minds in Motion	Brantford Retirement Manor 152 North Park St	Mondays & Thursdays	March 9 – May 1 May 4 – June 25	12:30pm - 2:00pm	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	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	☎ Alina 1-800-565-4614 ext. 501

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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	April 28 – June 30 (No Program May 5, June 2)	2:00pm – 4:00pm	☎ Laurie 1-800-565-4614 ext. 401
Social Caf� - Norfolk	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Fridays	April 10 – June 26 (No Program April 3^d)	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
Memory Caf�	Hazel Place – <i>(645 Norfolk St. N., Simcoe)</i>	Tuesdays	April 21 – June 30 (No Program May 5)	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	March 4 – Apr 29 (No Class Mar 18) May 6 – June 24 (No classes July/Aug)	10:30am- noon	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	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	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	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	☎ Alina 1-800-565-4614 ext. 501

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HAMILTON

Group	Location	Day	Dates	Time	To Register
Creative Expressions	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Mondays	April 6 - June 22 (No Program May 18th)	10:00am-12:00pm	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Binbrook	Binbrook Library (2641 Hamilton Regional Rd 56, Binbrook)	Mondays	April 13 – June 29 (No Program May 18th)	2:30pm-4:00pm	☎ Julie 1-800-565-4614 ext. 232
Brain and Bodyworks	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
Social Cafe Hamilton	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Wednesdays	April 1 – June – 24 (No Program April 8th)	10:00am-11:30am	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Hamilton	ASBHNNH Hamilton Office <i>(550 Fennell Ave, E)</i>	Wednesdays	April 1 – June – 24 (No Program April 8th)	1:30pm-3:00pm	☎ Julie 1-800-565-4614 ext. 232
Minds in Motions	Westmount Recreation (35 Lynbrook Drive)	Tuesdays and Thursdays	March 3 – April 30 No classes March 17 or 19 May 5 – June 25	10:30am – 12:00pm	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	<i>Hill Park Recreation Centre (305 South Bend Rd E.)</i>	Tuesdays and Thursdays	March 3 – Apr 30 No classes March 17 or 19 May 5 – June 25	1:00pm – 2:30pm	☎ Alina 1-800-565-4614 ext. 501

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HALTON

Group	Location	Day	Dates	Time	To Register
Social Cafe Burlington	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	April 6 – June 29	10:30am-noon	☎ Syed 1-800-565-4614 ext. 305
Social Cafe Burlington	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	April 6 – June 29	1:30pm-3:00pm	☎ Syed 1-800-565-4614 ext. 305
Social Caf� Burlington	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
Creative Expressions	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Thursdays	April 9-June 25	1:30pm-3:30pm	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Burlington	Burlington Lions Club (471 Pearl St., Burlington)	Fridays	April 10 – June 26	10:30am-noon	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Milton	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
Mind Frame Oakville	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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HAMILTON HALTON

<p>Social Cafe Oakville</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>The Social - Georgetown</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>Minds in Motion</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>☎ Alina 1-800-565-4614 ext. 501</p>
<p>Minds in Motion</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>☎ Alina 1-800-565-4614 ext. 501</p>
<p>Minds in Motion</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>☎ Alina 1-800-565-4614 ext. 501</p>
<p>Minds in Motion</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>☎ Alina 1-800-565-4614 ext. 501</p>