

Health & Wellness Program Calendar

July - September 2026

Group name:	Description
Brain & Body Works	For: Older adults Description: One hour of connection and 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.
Living Well	For: Older adults Description: This program combines physical activity and social connections.
Meet Me At	For: Persons living with mid stage dementia and their care partners Description: Build meaningful connections, share experiences, and rediscover the joy of being part of your community alongside others who understand.
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.

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FOR MORE INFORMATION AND TO REGISTER FOR A PROGRAM:

 1-800-565-4614  help@alzda.ca  www.alzda.ca

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Group name:	Description
Sit to be Fit	<p>For: Older adults</p> <p>Description: The program is designed to promote health and fitness for seniors and those wishing to increase strength, balance, flexibility and endurance. <i>This program details are in a separate poster located in each office.</i></p>
Social Cafe	<p>For: Persons living with early to mid stage dementia and their care partners</p> <p>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.</p>
The Social	<p>For: Persons living with early to mid stage dementia</p> <p>Description: An opportunity for engagement, stimulation, and socialization for the attending client, while also offering the care partner time for individual needs.</p>

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	July 15 th – Sept 30 th <i>No Program July 1st or 8th</i>	11:00am - noon	Laurie 1-800-565-4614 ext. 401

Important Information:

Please register for each program by calling the phone number listed.
Space may be limited.
Programs may be cancelled due to weather or staffing.

Health & Wellness Programs for July 2026-Sept 2026

(please note: our offices are closed on July 1st, August 3rd, September 7th)

BRANTFORD

Group	Location	Day	Dates	Time	To Register
Social Caf� Brantford	Brantford Public Library 173 Colborne St. Brantford	Wednesdays	July 15 to Sept. 30 (No Program July 1 or 8)	2 pm to 3:30 pm	☎Laurie 1-800-565-4614 ext. 401
Social Cafe Paris	Community Health Hub 25 Curtis Ave. N., Paris	Wednesdays	No Program July and Aug. Sept. 9 to Sept. 30	11 am to 12:30 pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions	ASBHNHH Brant Office 515 Park Rd. N. Brantford	Mondays	July 13 to Aug. 10th	2 pm to 4 pm	☎Laurie 1-800-565-4614 ext. 401
Memory Caf�	ASBHNHH Brant Office 515 Park Rd. N. Brantford	Thursdays	July 2 to Sept. 24 (No Program July 9)	2 pm to 3:30 pm	☎Laurie 1-800-565-4614 ext. 401
Meet Me at Program	Various locations	Various locations	Please Contact Laurie for Dates and Locations	Various times	☎Laurie 1-800-565-4614 ext. 401
Mind Frame	Community Health Hub 25 Curtis Ave. N, Paris	Thursdays	July 2, 16, 23, 30, Aug. 6 and 13 (No Program July 9)	10 am to 11:30 pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Gihekdagye Friendship Centre 247 Colborne St. Brantford	Mondays and Thursdays	June 29 to Aug. 28 (No classes July 20 or 23) Aug. 31 to Oct. 30 (No class September 7, 11)	Mondays & Thursdays 12:30 pm to 2 pm	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Gihekdagye Friendship Centre 247 Colborne St Brantford	Mondays and Fridays	June 29 to Aug. 28 (No classes July 20 or 24) Aug. 31 to Oct. 30 (No classes Sept. 7 or 11)	Mondays: 2:30pm to 4 pm Fridays: 12:30pm to 2 pm	☎Alina 1-800-565-4614 ext. 501

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HALDIMAND & NORFOLK

Group	Location	Day	Dates	Time	To Register
Creative Expressions	Hazel Place 645 Norfolk St. N., Simcoe	Tuesdays	July 14 to Aug. 11	2 pm to 4 pm	☎Laurie 1-800-565-4614 ext. 401
Social Caf� Norfolk	Hazel Place 645 Norfolk St. N., Simcoe	Fridays	July 3 to Sept. 25	11 am to 12:30 pm	☎Laurie 1-800-565-4614 ext. 401
Meet Me at Program	Various locations	Various locations	Please Contact Laurie for Dates and Locations	Various times	☎Laurie 1-800-565-4614 ext. 401
Memory Caf�	Hazel Place 645 Norfolk St. N., Simcoe	Tuesdays	July 14 to Aug. 11	10 am to 11:30 am	☎Laurie 1-800-565-4614 ext. 401
New Social Cafe – Port Rowan	BIRDS CANADA 115 Front Rd. Port Rowan	1 st Wednesday of each month	Sept 2, Oct 7, Nov 4, Dec 2	2 pm to 3:30 pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena 55 Thornburn St. S., Cayuga	Wednesdays	(No classes July/Aug.) Sept. 9 to Oct. 28	10:30 am to 12 pm	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Colborne Village United Church 30 Glendale Cres., Simcoe	Mondays and Fridays	July 27 to Sept. 25 (No classes Sept 7 or 11)	10 am to 11:30 am	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Hagersville United Church 32 Church St., Hagersville	Mondays and Fridays	June 29 to Aug. 21 Aug. 24 to Oct. 16	1 pm to 2:30 pm	☎Alina 1-800-565-4614 ext. 501

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HAMILTON

Group	Location	Day	Dates	Time	To Register
Creative Expressions Dundas	Dundas Library 18 Ogilvie St, Dundas	Mondays	July 6 to Sept. 21 (No program Aug. 3, Sept. 7)	10 am to 12 pm	☎ Julie 1-800-565-4614 ext. 232
Brain and Bodyworks	City Housing Hamilton 200 Jackson St. W. Hamilton	Tuesdays	July 7 to Sept. 29 (No program Aug. 4)	1:30 pm to 3:30 pm	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Hamilton	ASBHNHH Hamilton Office 550 Fennell Ave. E.	Wednesdays	July 8 to Sept. 30 (No program July 23, Aug. 5)	10 am to 11:30 am	☎ Julie 1-800-565-4614 ext. 232
Mind Frame Hamilton	ASBHNHH Hamilton Office 550 Fennell Ave. E.	Wednesdays	July 8 – Sept. 30 (No program July 23, Aug. 5)	1:30 pm to 3 pm	☎ Julie 1-800-565-4614 ext. 232
Silver Sneakers Walking Club	Gage Park Hamilton	Fridays	July 3-July 31 (No program July 10)	10:30 am to 12 pm	☎ Julie 1-800-565-4614 ext. 232
Minds in Motions	St Andrews United Church 479 Upper Paradise Rd Hamilton	Tuesdays and Thursdays	June 30 to Sept. 3 (No classes July 7,9 and Aug. 25, 27)	10:30 am to 12 pm	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	Hill Park Recreation Centre 305 South Bend Rd E.	Tuesdays	June 30 to Aug. 18 Aug. 25 to Oct. 13	1 pm to 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	July 6 – Sept. 28 (No program July 23, Aug. 6)	10:30 am to 12 pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Burlington	ASBHNHH Burlington Office 4391 Harvester Rd., Unit 8	Mondays	July 6 to Sept. 28 (No program July 23, Aug. 6)	1:30 pm to 3 pm	☎ Syed 1-800-565-4614 ext. 315
Social Caf� Burlington	ASBHNHH Burlington Office 4391 Harvester Rd., Unit 8	Thursdays	July 9 to Sept. 24 (No program July 23, Aug. 6)	10:30am- to 12 pm	☎ Julie 1-800-565-4614 ext. 232
Creative Expressions Burlington	ASBHNHH Burlington Office 4391 Harvester Rd., Unit 8	Thursdays	July 9 to Sept. 24 (No program July 23, Aug. 6)	1:30 pm to 3:30 pm	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Burlington	Burlington Lions Club 471 Pearl St., Burlington	Fridays	July 10 to Sept. 25 (No program July 24, Aug. 7)	10:30 am to 12 pm	☎ Julie 1-800-565-4614 ext. 232
Social Cafe Milton	Grace Anglican Church 317 Main St. E., Milton	Thursdays	July 16 to Sept. 24	2:15 pm to 3:45 pm	☎ Syed 1-800-565-4614 ext. 315
Mind Frame Oakville	Iroquois Ridge, Community Center 1051 Glenashton Dr., Oakville	Tuesdays	July 7 to Sept. 29	1:30 pm to 3 pm	☎ Syed 1-800-565-4614 ext. 315
Social Cafe Oakville	Trafalgar Park Community Center 133 Rebecca St., Oakville	Thursdays	July 2 to Sept. 24	10 am to 11:30am	☎ Syed 1-800-565-4614 ext. 315

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The Social - Georgetown	Links2Care 360 Guelph St. Unit 33 Georgetown	Wednesdays	July 1 – Sept. 30	1 pm to 4 pm	 Syed 1-800-565-4614 ext. 315
The Social - Oakville	Various locations	Tuesdays	Jul. to Sep.	9:30 am to 12:30 pm	 Syed 1-800-565-4614 ext. 315
Minds in Motion	Tansley Woods Community Centre 1996 Itabashi Way, Burlington	Monday	Sept. 14 to Nov. 23 (No classes July and Aug. and Oct. 12)	1 pm to 2:30 pm	 Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church 1500 Kerns Rd., Burlington	Wednesday	May 13 to July 8 July 15 to Sept. 2 Sept. 9 to Oct. 28	10 am to 11:30am	 Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church 1500 Kerns Rd, Burlington	Wednesday	May 13 to July 8 July 15 to Sept. 2 Sept 9 to Oct. 28	1 pm t 2:30pm	 Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church 1500 Kerns Rd., Burlington	Tuesdays	June 23 to Aug. 11 Aug.18 to Oct 6	11 am to 12:30 pm	 Alina 1-800-565-4614 ext. 501