

Health & Wellness Program Calendar

October - December 2026

Group name:	Description
Brain & Body Works	For: Older adults Description: Brain and Bodyworks combines gentle seated exercise and engaging group activities to support physical health, cognitive wellness, social connection, and healthy aging in a welcoming environment.
Creative Expressions	For: People 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.
Memory Caf��	For: People living with mid stage dementia and their care partners Description: Memory Caf�� offers meaningful activities, social connection, and shared experiences for people living with dementia and their care partners, fostering self-expression, relationships, and engagement in a welcoming, strengths-based environment.
Minds in Motion	For: People 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: People living with early to mid stage dementia and their care partners Description: Mind Frame uses games, activities, and meaningful conversation to support cognitive wellness, confidence, and social connection in a welcoming, strengths-based environment.

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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
Online Social Clube	For: People living with early to mid stage dementia Description: Connect and share with others in a comfortable environment. Care partners are always welcome!
Sit to be Fit	For: Older adults 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 seperate poster located in each office.</i>
Social Cafe	For: People 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: People 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.

Online Groups- Zoom

(open for all areas)

Group	Who is this for?	Day	Dates	Time	To Register
Online Social Club	For People living with early to mid-stage dementia who want to connect, have fun and share.	Wednesdays	October 28 to December 16 <i>No Program November 11</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 Oct 2026-Dec 2026

(please note: our offices are closed on October 12th, November 11th, December 3rd, 25th and 26th)

BRANTFORD

Group	Location	Day	Dates	Time	To Register
Social Caf� Brantford	Brantford Public Library (173 Colborne St.)	Wednesdays	Oct 7 th to Dec 16 th (No program Nov 11)	2:00 pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Social Cafe Paris	Community Health Hub 25 Curtis Ave N, Paris	Wednesdays	Oct 7 th to Dec 16 th (No program Nov 11)	11:00am – 12:30pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions Morning Group	515 Park Rd N. Brantford	Mondays	Oct 26 th to Dec 14 th	10:00am to noon	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions Afternoon Group	515 Park Rd N. Brantford	Mondays	Oct 26 th to Dec 14 th	2:00pm to 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Memory Caf�	515 Park Rd N. Brantford	Thursdays	Oct 29 th to Dec 17 th (No program Nov 11)	2:00pm – 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Gihekdagye Friendship Centre 247 Colborne St Brantford	Mondays & Thursdays	August 24 to October 23 (no class September 7, 10, 11) October 26 to December 18	Mondays & Thursdays @ 12:30 – 2:00pm	☎Alina 1-800-565-4614 ext. 501

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BRANT HALDIMAND NORFOLK
HAMILTON HALTON

Minds in Motion	Gihekdagye Friendship Centre 247 Colborne St Brantford	Mondays & Fridays	August 24 to October 23 (no class September 7, 10, 11) October 26 to December 18	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 - Norfolk	Lynnwood Arts Centre (21 Lynnwood Cres., Simcoe)	Tuesdays	Oct 27 th to Dec 15 th	2:00pm – 4:00pm	☎ Laurie 1-800-565-4614 ext. 401
Creative Expressions - Dunnville	True Experience - (201 Forest Street East, Dunnville)	Fridays	Oct 30 th to Dec 18 th	10:30am to 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
Social Caf�� - Norfolk	Hazel Place – (645 Norfolk St. N., Simcoe)	Fridays	Oct 2 nd to Dec 18 th	11:00am – 12:30pm	☎ Laurie 1-800-565-4614 ext. 401
New Social Caf�� – Port Rowan	BIRDS CANADA 115 Front Road Port Rowan	1 st Wednesday of each month	Sept 2, Oct 7, Nov 4, Dec 2	2:00pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena (55 Thornburn St. S., Cayuga)	Wednesdays	September 9 to October 28 November 4 th to January 13 th (no class Nov 11 th , Dec 23 rd and 30 th)	10:30 to 12:00	☎ Alina 1-800-565-4614 ext. 501

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Minds in Motion	Colborne Village United Church <i>(30 Glendale Cres., Simcoe)</i>	Mondays and Fridays	September 28 to November 20 November 23 to January 29	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	August 24 th to October 16 th October 19 th to December 11 th December 14 to February 19 (no classes December 21, 25, 28 and January 1 st)	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 Dundas	Dundas Library (18 Ogilvie St, Dundas)	Mondays	Oct 5 – Dec 14 (No program Oct 12th)	10:00am – 12:00pm	☎ Andrew 1-800-565-4614 ext. 225
Brain and Bodyworks	City Housing Hamilton (200 Jackson St, West, Hamilton)	Tuesdays	Oct 6 – Dec 15	1:30 pm – 3:30 pm	☎ Andrew 1-800-565-4614 ext. 225
Social Cafe Hamilton	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	Oct 7 – Dec 16 (No program Nov 11)	10:00am- 11:30am	☎ Andrew 1-800-565-4614 ext. 225
Mind Frame Hamilton	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	Oct 7 – Dec 16 (No program Nov 11)	1:30pm- 3:00pm	☎ Andrew 1-800-565-4614 ext. 225
Minds in Motions	Westmount Recreation Centre 35 Lynbrook Dr Hamilton	Tuesdays and Thursdays	September 15 th to November 5 th November 10 th to January 14 th (no classes December 22 nd , 24 th , 29 th or 31 st)	10:30am – 12:00pm	☎ Alina 1-800-565-4614 ext. 501
Living Well	Concession Library 565 Concession Ave, Hamilton	Mondays	September 14 to October 26	10:00am to 11:30am	☎ Nichole 1-800-565-4614 Ext. 237

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Living Well	Dofasco Recreation park 388 First Rd E, Stoney Creek	Wednesdays	September 2 to October 28 (no class October 7)	1:00pm to 2:30pm	 Nichole 1-800-565-4614 Ext. 237
Living Well	<i>Rosedale Seniors Club</i> <i>100 Greenhill Ave, Hamilton</i>	Tuesdays	September 1 to October 27	2:30pm to 4:00pm	 Nichole 1-800-565-4614 Ext. 237
Living Well	<i>Eva Rothwell Centre</i> <i>460 Wentworth St N, Hamilton</i>	Thursdays	September 3 to November 5	10:00am to 11:30am	 Nichole 1-800-565-4614 Ext. 237

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HALTON

Group	Location	Day	Dates	Time	To Register
Social Cafe Burlington	ASBHNHH Burlington Office (3430 South Service Rd, Burlington. Unit 101)	Mondays	Oct 5- Dec 14	10:30am-noon	☎ Syed 1-800-565-4614 ext. 305
Social Cafe Burlington	ASBHNHH Burlington Office (3430 South Service Rd, Burlington. Unit 101)	Mondays	Oct 5- Dec 14	1:30pm-3:00pm	☎ Syed 1-800-565-4614 ext. 305
Social Caf� Burlington	ASBHNHH Burlington Office (3430 South Service Rd, Burlington. Unit 101)	Thursdays	Oct 1 – Dec 17 (No program Dec 3 rd)	10:30am-12:00pm	☎ Syed 1-800-565-4614 ext. 305
Creative Expressions Burlington	ASBHNHH Burlington Office (3430 South Service Rd, Burlington. Unit 101)	Thursdays	Oct 1 – Dec 17 (No program Dec 3 rd)	1:30pm-3:30pm	☎ Syed 1-800-565-4614 ext. 305
Social Cafe Burlington	Burlington Lions Club (3430 South Service Rd, Burlington. Unit 101)	Fridays	Oct 2 – Dec 18	10:30am-12:00noon	☎ Syed 1-800-565-4614 ext. 305
Social Cafe Milton	Sherwood Community Center (6355 Main St W., Milton)	Thursdays	Oct 1- Dec 17 (No program Dec 3 rd)	2:00pm – 3:30 pm	☎ Syed 1-800-565-4614 ext. 305

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Mind Frame Oakville	Iroquois Ridge, Community Center (1051 Glenashton Dr, Oakville)	Tuesdays	Oct 6- Dec 15	1:30pm- 3:00pm	 Syed 1-800-565-4614 ext. 305
Social Cafe Oakville	Trafalgar Park Community Center (133, Rebecca St, Oakville)	Thursdays	Oct 1 – Dec 17 (No program Dec 3 rd)	10:00am- 11:30am	 Syed 1-800-565-4614 ext. 305
THE SOCIAL - Oakville	Queen Elizabeth Park Community Center (2302 Bridge Rd, Oakville)	Tuesdays	Oct 6- Dec 15	9:30-12:30	 Syed 1-800-565-4614 ext. 305
THE SOCIAL - Georgetown	<i>Halton Hills Public Library</i> (9 Church Street, Halton Hills)	Wednesdays	Oct 7-Dec 16	1:00pm- 4:00pm	 Syed 1-800-565-4614 ext. 305
Minds in Motion	Tansley Woods Community Centre (1996 Itabashi Way, Burlington)	Monday	Sept 14 to Nov 23 (no class October 12)	1:00pm - 2:30pm	 Alina 1-800-565-4614 ext. 501

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Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Wednesday	July 15 to Sept 2 Sept 9 to Oct 28 November 4 to January 13 (no classes November 11, December 23, 30)	10:00am – 11:30am	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Wednesday	Sept 9 to Oct 28 November 4 to January 13 (no classes November 11, December 23, 30)	1:00pm – 2:30pm	☎ Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church <i>(1500 Kerns Rd, Burlington)</i>	Tuesdays	August 18 to Oct 6 Oct 13 to Dec 1 Dec 8 to Feb 9 (no classes Dec 22 or 29)	11:00am-12:30pm	☎ Alina 1-800-565-4614 ext. 501