Société Alzheimer Society

BRANT, HALDIMAND NORFOLK, HAMILTON HALTON

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 Cafe	**For:** People living with mid stage dementia and their care partners **Description:** Memory Café 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. *This program details are in a seperate poster located in each office.*
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 *No Program November 11*	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.

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Health & Wellness Programs for Oct 2026-Dec 2026

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

BRANTFORD

Group	Location	Day	Dates	Time	To Register
Social Café Brantford	Brantford Public Library *173 Colborne St. Brantford*	Wednesdays	Oct 7 to Dec 16 (No program Nov 11)	2:00pm to 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Social Cafe Paris	Community Health Hub *25 Curtis Ave N, Paris*	Wednesdays	Oct 7 to Dec 16 (No program Nov 11)	11:00am to 12:30pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions Morning Group	ASBHNHH Brant Office *515 Park Rd N. Brantford*	Mondays	Oct 26 to Dec 14	10:00am to noon	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions Afternoon Group	ASBHNHH Brant Office *515 Park Rd N. Brantford*	Mondays	Oct 26 to Dec 14	2:00pm to 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Memory Café	ASBHNHH Brant Office *515 Park Rd N. Brantford*	Thursdays	Oct 29 to Dec 17 (No program Nov 11)	2:00pm to 3:30pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Gihekdagye Friendship Centre *247 Colborne St Brantford*	Mondays & Thursdays	Oct 26 to Dec 18	Mondays & Thursdays: 12:30pm to 2:00pm	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Gihekdagye Friendship Centre *247 Colborne St Brantford*	Mondays & Fridays	Oct 26 to Dec 18	Mondays: 2:30pm to 4:00pm Fridays: 12:30pm to 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 to Dec 15	2:00pm to 4:00pm	☎Laurie 1-800-565-4614 ext. 401
Creative Expressions - Dunnville	True Experience *201 Forest Street East, Dunnville*	Fridays	Oct 30 to Dec 18	10:30am to 12:30pm	☎Laurie 1-800-565-4614 ext. 401
Social Café - Norfolk	Hazel Place *645 Norfolk St. N., Simcoe*	Fridays	Oct 2 to Dec 18	11:00am to 12:30pm	☎Laurie 1-800-565-4614 ext. 401
New Social Cafe – Port Rowan	**BIRDS CANADA** *115 Front Road Port Rowan*	1st Wednesday of each month	Nov 4, Dec 2	11:00am to 12:30pm	☎Laurie 1-800-565-4614 ext. 401
Minds in Motion	Cayuga Memorial Arena *55 Thornburn St. S., Cayuga*	Wednesdays	Nov 4 to Jan 13 (no class Nov 11, Dec 23 and 30)	10:30am to 12:00pm	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Colborne Village United Church *30 Glendale Cres., Simcoe*	Mondays and Fridays	Sept 28 to Nov 20 Nov 23 to Jan 29	10:00am to 11:30am	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Hagersville United Church *32 Church St., Hagersville*	Mondays and Fridays	Oct 19 to Dec 11 Dec 14 to Feb 19 (no classes December 21, 25, 28 and January 1)	1:00pm to 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 to Dec 14 (No program Oct 12th)	10:00am to 12:00pm	☎Victoria 1-800-565-4614 ext. 232
Brain and Bodyworks	City Housing Hamilton *200 Jackson St, West, Hamilton*	Tuesdays	Oct 6 to Dec 15	1:30 pm to 3:30 pm	☎Victoria 1-800-565-4614 ext. 232
Social Cafe Hamilton	ASBHNHH Hamilton Office *550 Fennell Ave, E Hamilton*	Wednesdays	Oct 7 to Dec 16 (No program Nov 11)	10:00am to 11:30am	☎Victoria 1-800-565-4614 ext. 232
Mind Frame Hamilton	ASBHNHH Hamilton Office *550 Fennell Ave, E Hamilton*	Wednesdays	Oct 7 to Dec 16 (No program Nov 11)	1:30pm to 3:00pm	☎Victoria 1-800-565-4614 ext. 232
Minds in Motions	Westmount Recreation Centre *35 Lynbrook Dr Hamilton*	Tuesdays and Thursdays	Sept 15 to Nov 5 Nov 10 to Jan 14 (no classes Dec 22, 24, 29 or 31)	10:30am to 12:00pm	☎Alina 1-800-565-4614 ext. 501
Living Well	Rosedale Seniors Club *100 Greenhill Ave, Hamilton*	Tuesdays		2:30pm to 4:00pm	☎ 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, Unit 101, Burlington*	Mondays	Oct 5 to Dec 14	10:30am to 12:00pm	☎Syed 1-800-565-4614 ext. 305
Social Cafe Burlington	ASBHNHH Burlington Office *3430 South Service Rd, Unit 101, Burlington*	Mondays	Oct 5 to Dec 14	1:30pm to 3:00pm	☎Syed 1-800-565-4614 ext. 305
Social Café Burlington	ASBHNHH Burlington Office *3430 South Service Rd, Unit 101, Burlington*	Thursdays	Oct 1 to Dec 17 (No program Dec 3)	10:30am to 12:00pm	☎Victoria 1-800-565-4614 ext. 232
Creative Expressions Burlington	ASBHNHH Burlington Office *3430 South Service Rd, Unit 101, Burlington*	Thursdays	Oct 8 to Dec 17 (No program Dec 3)	1:30pm to 3:30pm	☎Victoria 1-800-565-4614 ext. 232
Social Cafe Burlington	ASBHNHH Burlington Office *3430 South Service Rd, Unit 101, Burlington*	Fridays	Oct 2 to Dec 18	10:30am to 12:00pm	☎Victoria 1-800-565-4614 ext. 232
Social Cafe Milton	Sherwood Community Center *6355 Main St W., Milton*	Thursdays	Oct 1 to Dec 17 (No program Dec 3)	2:00pm to 3:30pm	☎Syed 1-800-565-4614 ext. 305
Mind Frame Oakville	Iroquois Ridge, Community Center *1051 Glenashton Dr, Oakville*	Tuesdays	Oct 22 to Dec 15	1:30pm to 3:00pm	☎Syed 1-800-565-4614 ext. 305
Social Cafe Oakville	Trafalgar Park Community Center *133, Rebecca St, Oakville*	Thursdays	Oct 1 to Dec 17 (No program Dec 3)	10:00am to 11:30am	☎Syed 1-800-565-4614 ext. 305

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THE SOCIAL - Oakville	Queen Elizabeth Park Community Center 2302 Bridge Rd, Oakville	Tuesdays	Oct 20 to Dec 15	9:30am to 12:30pm	☎Syed 1-800-565-4614 ext. 305
THE SOCIAL - Georgetown	Halton Hills Public Library *9 Church Street, Halton Hills*	Wednesdays	Oct 21 to Dec 16	1:00pm to 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 to 2:30pm	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church *1500 Kerns Rd, Burlington*	Wednesday	Nov 4 to Jan13 (no classes November 11, December 23, 30)	10:00am to 11:30am	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church *1500 Kerns Rd, Burlington*	Wednesday	Nov 4 to Jan 13 (no classes Nov 11, Dec 23, 30)	1:00pm to 2:30pm	☎Alina 1-800-565-4614 ext. 501
Minds in Motion	Compass Point Bible Church *1500 Kerns Rd, Burlington*	Tuesdays	Oct 13 to Dec 1 Dec 8 to Feb 9 (no classes Dec 22 or 29)	11:00am to 12:30pm	☎Alina 1-800-565-4614 ext. 501