



SPRING 2026 PROGRAM LIST

Please see the accompany program guide for detailed program description and further information. <https://alzheimer.ca/york/en/programguide>

NAME OF PROGRAM	DATE OF PROGRAM START	TIME OF PROGRAM	# WEEKS	LOCATION / ZOOM	PHONE NUMBER TO REGISTER	EMAIL TO REGISTER
<i>Q1= April, May, June</i>						
First Link Learning Series for Care Partners						
Options for Care	Tuesday April 14, 2026	1:00pm-3:00pm	3	Zoom	905-726 -3477 x234	contact.Emily.ejustus@alzheimer-york.com
First Steps for Care Partner	Wednesday April 29, 2026	1:00pm-3:00pm	4	2-240 Edward St Aurora	905-726 -3477 x234	contact.Emily.ejustus@alzheimer-york.com
Care Essentials	Thursday June 4, 2026	1:00pm-3:00pm	4	Zoom	905-726-3477 x 234	contact.Emily.ejustus@alzheimer-york.com
General Public Webinars						
Dementia Overview	Thursday April 9, 2026	1:30pm-2:30pm	1	Zoom	905-726-3477 x 234	https://alzheimer-ca-york.zoom.us/join/register/WN_9hU6Nys_TUGB2yUGo0h9JQ
Brain Health	Thursday May 7, 2026	1:30pm-2:30pm	1	Zoom	905-726-3477 x 234	https://alzheimer-ca-york.zoom.us/join/register/WN_Uo9A0N88Tpmifm0WCHTe-Q
Communication & Behaviour	Tuesday June 16, 2026	1:30pm-2:30pm	1	Zoom	905-726-3477 x 234	https://alzheimer-ca-york.zoom.us/join/register/WN_WFmajxITImDWmwwWBDXYg
Finding Your Way	Wednesday July 8, 2026	1:30pm-2:30pm	1	Zoom	905-726-3477 x 234	https://alzheimer-ca-york.zoom.us/join/register/WN_OI_0Vif5TJSQ52NgjxsmMQ
Active Living Programs						
Minds in Motion in Chinese	Wednesday April 1, 2026	1:30pm-3:00pm	8	zoom	437-870-9483	contact.Loletta.lyu@alzheimer-york.com
Gentle Chair Yoga	Thursday April 2,2026	2:00pm-3:15pm	8	18408 Yonge St. East Gwillimbury Victory Baptist Church	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Minds in Motion	Tuesday April 7, 2026	1:00pm-3:00pm	8	6420 Main St Stouffville Stouffville 55+Club	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Cantonese Life Lounge Community Conversations	Tuesday April 7, 2026	10:00am-11:00am	6	zoom	437-870-9483	contact.Loletta.lyu@alzheimer-york.com
Minds in Motion	Wednesday April 8, 2026	1:00pm-3:00pm	8	160 Jim Morton Dr. East Gwillimbury	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Creative Art Drawing (English supported in Cantonese & Mandarin)	Friday April 10, 2026	10:00am-11:15am	4	3990 Major Mackenzie Dr. E, Markham Angus Glen Library	437-870-9483	contact.Loletta.lyu@alzheimer-york.com
Artwell Program- McMichael	Sunday April 12, 2026	11:00am-1:00pm	6 months	10365 Islington Ave. Keinburg	1-888-213-1121	https://mcmichael.com/event/artwell-accessible-program-for-individuals-living-with-dementia/2026-01-11/
Minds in Motion (English with support in Cantonese & Mandarin)	Monday April 13, 2026	1:30pm-3:30pm	8	655 Thomas Cook Ave, Markham Library Carrville	437-870-9483	contact.Loletta.lyu@alzheimer-york.com
Minds in Motion	Monday April 13,2026	2:00pm-3:00pm	8	zoom	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Diners Club	Wednesday April 21, 2026	4:00pm	1	3 Wootten Way, North Markham House Fish & Chips Halibut	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Kobo Book Club	Thursday April 23, 2026	10:00am-11:00am	4th Thurs of month	Zoom	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Newmarket Juried Art Show	Friday April 24, 2026	10:30am -11:30am	1	460 Botsford Stree. Newmarket Old Town Hall Serpa Gallery	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Nature walk	Wednesday April 26,2026	10:00am-11:00am	1	276 Main St. Unionville. good Pond Too	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Music & Memories	Monday April 27,2026	1:30pm -2:30pm	1	6420 Main St Stouffville Stouffville 55+Club	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
St Johns Ambulance Therapy Dogs	Thursday April 30,2026	1:30pm -2:30pm	1	160 Jim Morton Dr. East Gwillimbury	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Nature Walk	Wednesday May 6,2026	10:00am -11:00am	1	16232 Hwy 48 Stouffville, Eldred King Tract Whitchurch	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Tai Chi	Thursday May 7, 2026	9:45am-10:45am	8	22 Esna Park Drive, Markham Wesley Centre Markham	437-870-9483	contact.Loletta.lyu@alzheimer-york.com
Chair Yoga	Friday May 8,2026	10:00am-11:15am	6	7600 Kennedy Rd.Markham Mills Library Milliken	437-870-9483	contact.Loletta.lyu@alzheimer-york.com
Artwell Program - McMichael	Sunday May 10, 2026	11:00am-1:00pm	6 months	10365 Islington Ave. Keinburg	1-888-213-1121	https://mcmichael.com/event/artwell-accessible-program-for-individuals-living-with-dementia/2026-01-11/
Music & Memories	Monday May 11,206	1:30pm-2:30pm	1	160 Jim Morton Drive, Sharon &Active Living Plaza Healthy	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Diners Club	Wednesday May 13, 2026	4:00pm	1	121 morton Ave Keswick Lodge Cedaravale	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
St Johns Ambulance Therapy Dogs	Friday May 22, 2026	1:30pm-2:30pm	1	160 Jim Morton Dr. East Gwillimbury	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com
Diners Club	Tuesday May 26, 2026	4:00pm	1	139 Main St Unionville Door Restaurant Next	437-283-6571	contact.Jennifer.jbarta@alzheimer-york.com

Minds in Motion	Thursday June 4, 2026	1:00pm-3:00pm	8	31 Princess St. Mount Albert Canadian Legion	Royal	437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
Artwell Program - McMichael	Sunday June 7, 2026	11:00am-1:00pm	6 months	10365 Islington Ave. Keinburg		1-888-213-1121	https://mcmichael.com/event/artwell-accessible-program-for-individuals-living-with-dementia/2026-01-11/
Minds in Motion	Tuesday June 9, 2026	1:00pm-3:00pm	8	510 Industrial Pkwy South, Aurora Soccer Club		437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
Diners Club	Wednesday June 10, 2026	4:00pm	1	121 morton Ave Keswick Lodge	Cedaravale	437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
St Johns Ambulance Therapy Dogs	Friday June 19, 2026	1:30pm-2:30pm	1	160 Jim Morton Dr. East Gwillimbury		437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
Nature Walk	Wednesday June 17, 2026	10:00am-11:00am	1	1080 Green Lane East Newmarket Reservoir, East Gwillimbury North Nokiidaa Trail	Rogers	437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
Music & Memories	Monday June 22, 2026	1:30pm-2:30pm	1	31 Princess St. Mount Albert Canadian Legion	Royal	437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
Sweet Acres Pig Sanctuary	Wednesday June 24, 2026	10:30am-12:00pm	1	2798 Vivian Road, Whitchurch-Stouffville		437-283-6571	contact Jennifer: jbarta@alzheimer-york.com
CARERS & MBSR							
Mindfulness Based Stress Reduction Program	Tuesday April 7, 2026	6:00pm-8:00pm	8	zoom		1-888-414-5550 ext 541	contact Hemal: hjoshi@alzheimer-york.com
CARERS Spouces	Thursday May 21, 2026	12:30pm-2:30pm	8	184 Simcoe Ave Unit 4 Keswick		437-237-4811	contact Sarah: ssarvani@alzheimer-york.com
CARERS Adult Children	Wednesday May 27, 2026	10:00am-12:00pm	8	Zoom		1-888-414-5550 ext 541	contact Hemal: hjoshi@alzheimer-york.com
General Support Groups Open to All Caregivers of Persons Living with Dementia							
Aurora Caregiver Support Group	1st Thursday of each month	7:00 pm – 8:30 pm	ongoing	Zoom		1-888-414-5550 x236	Contact Isabella - ivelikovskiy@alzheimer-york.com
Thornhill Caregiver Support Group	3rd Wednesday of each month	7:00 pm – 8:30 pm	ongoing	Zoom		1-888-414-5550	Contact Sarah - Ssarvani@alzheimer-york.com
Stouffville Caregiver Support Group	4th Monday of each month	1:30 pm – 3:00 pm	ongoing	Zoom		1-888-414-5550 x339	Contact Cassandra - ccalbert@alzheimer-york.com
Markham Caregiver Support Group	3rd Wednesday of each month	1:30 pm – 3:00 pm	ongoing	Zoom		1-888-414-5550	Contact Jessica - jbellissimo@alzheimer-york.com
Regional Municipality of York: Paramedic & Senior's Services, Community and Health Services in partnership with the Alzheimer Society of York Region							
Keswick Caregiver Support Group	3rd Wednesday of each month	1:00 pm – 2:30 pm	ongoing	Zoom		1-888-4140 5550	Contact Tahia - tkhanhaque@alzheimer-york.com
Maple Caregiver Support Group	1st Thursday of each month	9:30 am – 11:00 am	ongoing	Zoom		1-888-414-5550	Contact Jessica - jbellissimo@alzheimer-york.com
Demographic-Specific/Specialized Support Groups							
Spousal Caregivers Support Groups	3rd Monday of each month	1:00 pm – 2:30 pm	ongoing	Zoom		1-888-414-5550	Contact Isabella - ivelikovskiy@alzheimer-york.com
Caregivers Caring for Young-Onset Dementia Patient (diagnosed under 65)	2nd Tuesday of each month	1:00 pm – 2:30 pm	ongoing	Zoom		1-888-414-5550	Contact Cassandra - ccalbert@alzheimer-york.com
Long term Care Caregivers Support Group	4th Wednesday of each month	10:00am – 11:30 am	ongoing	Zoom		1-888-414-5550	Contact Sandra - spranzitelli@alzheimer-york.com
Bereavement support group (ON HOLD)	Group offered 2 times a year. Pre registration required			Zoom		1-888-414-5550	Contact Cassandra - ccalbert@alzheimer-york.com
Language Specific Support Groups							
Cantonese Speaking Caregiver Support Group	4th Tuesday of each Month	1:00pm-2:30pm	ongoing	Zoom		1-888-414-5550	Contact Vanessa - vkwok@alzheimer-york.com
Mandarin Speaking Caregiver Support Group	3rd Tuesday of each Month	1:00pm-2:30pm	ongoing	Zoom		1-888-414-5550	Contact Vanessa - vkwok@alzheimer-york.com
Russian Speaking Caregiver Support Group	3rd Wednesday of each month	11:30am - 1:00pm	ongoing	Zoom		1-888-414-5550	Contact Inna - isorolskin@alzheimer-york.com
Farsi Speaking Caregiver Support Group	2nd Wednesday of each month	6:00pm-7:30pm	ongoing	Zoom		1-888-414-5550	Contact Sarah - Ssarvani@alzheimer-york.com