

# *Société Alzheimer Society*

NEW BRUNSWICK / NOUVEAU-BRUNSWICK

## **Volunteer Opportunity**

**Title:** **Minds in Motion® Facilitator**

**Summary:** The Alzheimer Society of New Brunswick is seeking volunteers interested in facilitating Minds in Motion®, a fun and engaging online program for people living with dementia. Minds in Motion® combines physical activity and mental stimulation in a social environment: a certified fitness instructor from the Saint John YMCA leads the fitness component, followed by brain activities led by the Alzheimer Society of New Brunswick.

**Position Benefits:** The volunteer will engage with participants in a fun and meaningful way while having a positive impact on the lives of New Brunswick families impacted by dementia.

**Responsibilities:**

- Create a welcoming and friendly environment for participants
- Lead brain/social activities, such as word games, puzzles, trivia, and sharing stories
- Optional - Develop Minds in Motion® brain activities
- Optional - Manage Zoom meetings – sign in as the host, admit participants from the “waiting room”, assist participants with muting/unmuting, ensure fitness leader is visible, take attendance

**Qualifications:**

- Friendly and engaging
- Effective communication and group facilitation skills
- Comfort with online programs
- Criminal record check required

**Term:** Ongoing

**Time Required:** An hour and a half each month on the Thursday of your choice from 11:45am – 12:15pm, plus 30 minutes prep time at your convenience.

**Please contact:**

Alzheimer Society of New Brunswick  
1-800-664-8411 or (506) 459-4280  
[volunteer@alzheimernb.ca](mailto:volunteer@alzheimernb.ca)

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