

FREE VIRTUAL
Minds in Motion®

Minds in Motion® is a physical activity and brain stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario.

We offer you an opportunity to join in on a mentally, socially and physically stimulating program right from your home. This is a great chance to stay connected!

Minds in Motion is delivered by our experienced staff and community partners.



30 MINUTES GENTLE CHAIR EXERCISE
30 MINUTES COGNITIVE STIMULATION

UPCOMING DATES 2020

Wednesdays September 9th— October 7th 2020 1:00pm—2:00pm

Tuesday October 20th –November 17th 2020 2:00pm-3:00pm (New)

Wednesdays October 21st—November 18th 2020 1:00pm-2:00pm

Wednesday October 21st—November 18th 2020 2:30pm-3:30pm (New)

Tuesday November 24th— December 15th 2020 2:00pm-3:00pm (New)

Wednesdays November 25th—December 16th 2020 1:00pm—2:00pm

Wednesday November 25th—December 16th 2020 2:30pm —3:30pm (New)

FOR MORE INFORMATION & REGISTRATION CONTACT

JAIME CRUZ:PUBLIC EDUCATION /MINDS IN MOTION COORDINATOR

jcruz@alzheimer-york.com OR (416) 704-1653

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30 MINUTES GENTLE CHAIR EXERCISE
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UPCOMING DATES 2021

Tuesday January 5th—February 2nd 2021 2:00pm-3:00pm

Wednesday January 6th—February 3rd 2021 1:00pm-2:00pm

Thursday January 7th—February 4th 2021 2:00pm-3:00pm

Tuesday February 9th—March 9th 2021 2:00pm-3:00pm

Wednesday February 10th—March 10th 2021 1:00pm-2:00pm

Thursday February 11th—March 11th—2021 2:00pm-3:00pm

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