

**Minds in Motion®** is a program designed for people living with early to moderate signs of dementia to attend with a family member, friend or care partner. This weekly program offers eight sessions, including a gentle chair fitness class followed by engaging activities and conversation.

### HOW TO REGISTER FOR MINDS IN MOTION®

Call the location of where you would like to register, unless otherwise noted.

**Cost: \$65 per participant pair.**

#### WINNIPEG LOCATIONS

**Faith Lutheran Church - 1311 Dakota St**

Thursdays, Jan 29 - Mar 19 | 10 am - 12 pm

**THIS SESSION IS FULL**

**Rady JCC Fitness Centre - 123 Doncaster St**

Wednesdays, Jan 28 - Mar 18 | 10 am - 12 pm

**204-477-7510**

**River East Church - 755 McLeod Ave**

Thursdays, Jan 29 - Mar 19 | 1 - 3 pm

**THIS SESSION IS FULL**

**Riverwood Square - 1778 Pembina Hwy**

Tuesdays, Jan 27 - Mar 17 | 10 am - 12 pm

**204-275-7632**

**The Wellness Institute - 1075 Leila Ave**

Wednesdays, Jan 28 - Mar 18 | 1:30 - 3:30 pm

**204-632-3900**

**YMCA (Westwood) - 3550 Portage Ave**

Tuesdays, Jan 27 - Mar 17 | 1 - 3 pm

**204-889-8052**

#### REGIONAL LOCATIONS

**BRANDON**

**Seniors for Seniors - 311 Park Ave E**

Thursdays, Feb 5 - Mar 26 | 1:30 - 3:30 pm

**1-204-571-2050**

**GLADSTONE**

**Gladstone Senior Support Office - 36 Morris Ave N**

Wednesdays, Jan 7 - Feb 25 | 10 am - 12 pm

**1-204-385-3026**

**MORDEN**

**Morden Activity Centre - 306 N Railway St**

Wednesdays, Jan 14 - Mar 4 | 10:30 am - 12:30 pm

**1-204-822-3555**

**PORTAGE LA PRAIRIE**

**Herman Prior Centre - 40 Royal Rd N**

Wednesdays, Jan 14 - Mar 4 | 1:30 - 3:30 pm

**1-204-857-6951**

**LEARN MORE BY VISITING [ALZHEIMER.MB.CA](https://alzheimer.mb.ca)**

**If you have questions, please contact: Tiana Alphonso, Dementia-Friendly Communities Coordinator**  
204-943-6622 | 1-800-378-6699 | [talphonso@alzheimer.mb.ca](mailto:talphonso@alzheimer.mb.ca)

The Alzheimer Society partners with community organizations to create programs designed especially for people living with early to moderate signs of dementia to attend with their family members, friends or care partners.



**DALNAVERT MUSEUM TOURS,**  
**DALNAVERT MUSEUM**

Last Saturday of every month | 10 - 11:30 am

Enjoy a festive Christmas edition on Dec 27!

\$24.00 (plus tax)/pair for one session

\$12.00 if Dalnavert Museum Member



**FUN!-DAMENTALS OF TABLE TENNIS,**  
**CORNERSTONE ALLIANCE CHURCH**

Wednesdays, Jan 7 - Mar 18 | 6 - 8 pm

\$130/pair



**THE LIVING WELL PROGRAM,**  
**THE LEAF**

Mondays, Feb 2 - Mar 9 (no session Feb 16) | 2 - 3:30 pm

\$135 + GST/pair

10% off if you are a member



**TUNE-UP CAFÉ,**  
**CONVALESCENT HOME OF WINNIPEG**

Bi-weekly, Tuesdays, Jan 6 - Jun 16 | 6:15 - 8 pm

Free to attend

**LEARN MORE AND REGISTER TODAY AT [ALZHEIMER.MB.CA](https://alzheimer.mb.ca)**

**INTERESTED IN BECOMING A VOLUNTEER?**

Learn more about the programs and roles at  
[alzheimer.mb.ca/get-involved/volunteer/](https://alzheimer.mb.ca/get-involved/volunteer/).

**For more information, please contact:**

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