

This program for people living with early to moderate signs of dementia and their family member, friend or care partner offers eight sessions, including a gentle chair fitness class and 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 pair.**

#### WINNIPEG LOCATIONS

**Dakota Community Centre - 1188 Dakota St**

Thursdays, Apr 16 - Jun 4 | 10 am - 12 pm

**Registration opens Mar 16 | 204-254-1010**

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

Tuesdays, Apr 14 - Jun 2 | 9:30 - 11:30 am

Wednesdays, Apr 15 - Jun 3 | 10 am - 12 pm

**Registration opens Mar 16 | 204-477-7510**

**River East Church - 755 McLeod Ave**

Thursdays, Apr 16 - Jun 4 | 1 - 3 pm

**Online registration opens Mar 24**

**Riverwood Square - 1778 Pembina Hwy**

Tuesdays, Apr 14 - Jun 2 | 10 am - 12 pm

**Registration opens Mar 17 | 204-275-7632**

**The Wellness Institute - 1075 Leila Ave**

Wednesdays, Apr 15 - Jun 3 | 1:30 - 3:30 pm

**Registration is open | 204-632-3900**

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

Tuesdays, Apr 14 - Jun 2 | 1 - 3 pm

**Registration opens Mar 9 | 204-889-8052**

#### REGIONAL LOCATIONS

##### BRANDON

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

Thursdays, Apr 9 - May 28 | 1:30 - 3:30 pm

**Registration opens Apr 2 | 1-204-571-2050**

##### GLADSTONE

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

Wednesdays, Apr 1 - May 20 | 10 - 11:30 am

**Registration opens Mar 11 | 1-204-385-3026**

##### PORTAGE LA PRAIRIE

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

Wednesdays, Apr 15 - Jun 3 | 1:30 - 3:30 pm

**Registration opens Mar 25 | 1-204-857-6951**

##### SELKIRK

**Gordon Howard Seniors Centre - 384 Eveline St**

Wednesdays, Apr 1 - May 20 | 1 - 3 pm

**Registration is now open | 1-204-785-2092**

**Questions?** Please contact: Tiana Alphonso, DFC Coordinator at  
**204-943-6622 | 1-800-378-6699 | [talphonso@alzheimer.mb.ca](mailto:talphonso@alzheimer.mb.ca)**

**Interested in volunteering?**

Learn more at [alzheimer.mb.ca/get-involved/volunteer](https://alzheimer.mb.ca/get-involved/volunteer)

**LEARN MORE BY VISITING ALZHEIMER.MB.CA**

These community programs are 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

No session in May

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

\$12.00/pair if Dalnavert Museum Member



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

Wednesdays, Apr 8 - Jun 3 | 6 - 8 pm

\$130/pair



**MEMORY CAFÉ,**  
**ALZHEIMER SOCIETY OF MANITOBA BOARDROOM**

Fridays, Jun 5 - 26 | 10 - 11:30 am

Tuesdays, Jul 7 - 28 | 1:30 - 3 pm

Free to attend



**TALES ALONG THE TRAIL,**  
**FORTWHYTE ALIVE**

Wednesdays, May 6 - Jun 10 | 2 - 3:30 pm

\$110 (plus tax)/pair



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

Bi-weekly, Tuesdays, Apr 7 - Jun 16 | 6:15 - 8 pm

Free to attend

Questions? Please contact Sierra Dueck, DFC Coordinator at  
204-943-6622 | 1-800-378-6699 | [sierradueck@alzheimer.mb.ca](mailto:sierradueck@alzheimer.mb.ca).

**LEARN MORE AND REGISTER TODAY AT [ALZHEIMER.MB.CA](http://ALZHEIMER.MB.CA)**