

Minds in Motion® connects people living with early to moderate signs of dementia and their care partners through fitness, conversation and activity.

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, Oct 15 - Dec 3 | 10 am - 12 pm

[Online registration opens Aug 31 | 204-254-1010](#)

Rady JCC Fitness Centre - 123 Doncaster St

Wednesdays, Oct 14 - Dec 9 | 10 am - 12 pm

[Online registration is open | 204-477-7540](#)

River East Church - 755 McLeod Ave

Thursdays, Oct 15 - Dec 3 | 1 - 3 pm

[Online registration opens Aug 31 | 204-943-6622](#)

Riverwood Square - 1778 Pembina Hwy

Tuesdays, Oct 13 - Dec 1 | 10 am - 12 pm

[Registration opens Aug 31 | 204-594-1261](#)

The Wellness Institute - 1075 Leila Ave

Thursdays, Oct 15 - Dec 3 | 2 - 4 pm

[Online registration is open | 204-632-3900](#)

YMCA (Westwood) - 3550 Portage Ave

Tuesdays, Oct 13 - Dec 1 | 1 - 3 pm

[Registration is open | 204-889-8052](#)

If you have questions, please contact
Tiana Alphonso, at **204-943-6622**
or talphonso@alzheimer.mb.ca

REGIONAL LOCATIONS

BRANDON

Seniors for Seniors - 311 Park Ave E

Thursdays, Sep 10 - Oct 29 | 1:30 - 3:30 pm

[Registration opens Sep 3 | 1-204-571-2050](#)

Thursdays, Nov 12 - Jan 14 | 1:30 - 3:30 pm

[Registration opens Nov 5 | 1-204-571-2050](#)

GLADSTONE

Gladstone Senior Support Office - 36 Morris Ave N

Wednesdays, Oct 14 - Dec 9 | 10 - 11:30 am

[Registration opens Sep 1 | 1-204-385-3026](#)

PORTAGE LA PRAIRIE

Herman Prior Centre - 40 Royal Rd N

Wednesdays, Sep 16 - Nov 18 | 1:30 - 3:30 pm

[Registration is open | 1-204-857-6951](#)

SELKIRK

Gordon Howard Seniors Centre - 384 Eveline St

Wednesdays, Sep 16 - Nov 18 | 1 - 3 pm

[Registration is open | 1-204-785-2092](#)

WINKLER

Winkler Senior Centre - 650 S Railway Ave #102

Mondays, Sep 21 - Nov 30 | 1 - 3 pm

[Registration is open | 1-204-325-8964](#)

LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

These recreational 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
\$24.00 (plus tax)/pair for one session
\$12.00/pair if Dalnavert Museum Member



FUN!-DAMENTALS OF TABLE TENNIS,
CORNERSTONE ALLIANCE CHURCH

Wednesdays, Sep 16 - Nov 18 | 6 - 8 pm
\$130/pair



JOURNEYS THROUGH THE ZOO,
ASSINIBOINE PARK ZOO

Mondays, Sep 14 - Oct 5 | 1 - 2:30 pm
\$100 (plus tax)/pair
Members get 10% discount



THE LIVING WELL PROGRAM,
THE LEAF

Mondays, Nov 2 - Dec 7 | 2 - 3:30 pm
\$135 (plus tax)/pair
Members get 10% discount



TALES ALONG THE TRAIL,
FORTWHYTE ALIVE

Wednesdays, Sep 2 - Oct 7 | 2 - 3:30 pm
\$90 (plus tax)/pair



TUNE-UP CAFÉ,
CONVALESCENT HOME OF WINNIPEG

Bi-weekly, Tuesdays, Sep 15 - Dec 22 | 6:15 - 8 pm
Free to attend



VIVACE VOICES CHOIR,
CANADIAN MENNONITE UNIVERSITY

Tuesdays, Sep 22 - Dec 8 | 6:30 - 7:30 pm
\$175/pair

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