



What is Minds in Motion®?

Minds in Motion® is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

At Minds in Motion® you will...

- Stay physically active
- Meet and socialize with others living with dementia and care partners
- Get involved in activities such as board or word games, bingo, and other cognitive games
- Have access to information about dementia and support, as needed

Is Minds in Motion® for me?

Minds in Motion® is designed for people with early to mid stage symptoms of Alzheimer's disease or another dementia. Symptoms may include memory loss, confusion, communication difficulties and changes in mood and behavior.

Minds in Motion® is intended to be enjoyed with a friend, family member or care partner. The person living with dementia and care partner need to be able to participate in the same room together during the program sessions to support one another, whether attending a virtual or in-person program.

What can I expect?

The 2-hour program is divided into the following two components:

1. The class starts with a certified fitness instructor leading a low impact fitness class.
2. For the second part of the program, trained facilitators engage participants in social & cognitive activities.

For General Information on the Minds in Motion® Program contact Shannon:

1-866-950-5465 ext. 201

ssmith-gagne@alzheimer.ab.ca



Online Program Free of charge: To register phone Shannon at 1-866-950-5465 ext.201

Minds in Motion® is currently being offered online for the following session dates:

Tuesdays February 20th to March 26th
1:30 -3:30 pm

Wednesdays March 27th to May 15th
2:00-4:00 pm

Community Programs:

Registration occurs through the community partners where Minds in Motion® takes place. Schedule and cost of programs is determined by the community partner offering the program.

Minds in Motion® for Edmonton and Area is confirmed in the following locations:

Edmonton Central Lions - 11113 113 Street NW

Mondays and Wednesdays 2:00pm-4:00pm March 25th – April 17th *no class March 29th

Course ID: WF-033

Register online through www.centrallions.org

Registration questions/concerns call 780-496-7369 or email info@centrallions.org

Program Questions contact Tara at 780-442-0934 or tara@centrallions.org

St. Albert Servus Place - 400 Campbell Road

Tuesdays 1:00 pm-2:30 pm April 9th - June 11th *Course ID: 28857*

Thursdays 1:00pm-2:30pm April 11th – June 13th *Course ID: 28790*

Registration & Questions contact Amanda at 780-418-6055 ext.4189 or akarpyshin@stalbert.ca

Contact the following locations to express interest for them to schedule a program:

Beaumont Sport and Recreation Centre

5001 Rue Eaglemont

To Express Interest contact Bonnie at

bonnie.jordan@beaumont.ab.ca

Fort Saskatchewan Dow Centennial Centre

8700 84 Street

To Express Interest contact Devon at

dkippen@fortsask.ca