

Société Alzheimer Society

NEW BRUNSWICK / NOUVEAU-BRUNSWICK

Volunteer Opportunity

Title: **Minds in Motion® Facilitator**

Summary: The Alzheimer Society of New Brunswick is seeking volunteers interested in facilitating Minds in Motion®, a fun and engaging online program for people living with dementia. Minds in Motion® combines physical activity and mental stimulation in a social environment: a certified fitness instructor from the Saint John YMCA leads the fitness component, followed by brain activities led by the Alzheimer Society of New Brunswick.

Position Benefits: The volunteer will engage with participants in a fun and meaningful way while having a positive impact on the lives of New Brunswick families impacted by dementia.

Responsibilities:

- Create a welcoming and friendly environment for participants
- Lead brain/social activities, such as word games, puzzles, trivia, and sharing stories
- Optional - Develop Minds in Motion® brain activities
- Optional - Manage Zoom meetings – sign in as the host, admit participants from the “waiting room”, assist participants with muting/unmuting, ensure fitness leader is visible, take attendance

Qualifications:

- Friendly and engaging
- Effective communication and group facilitation skills
- Comfort with online programs
- Criminal record check required

Term: Ongoing

Time Required: An hour and a half each month on the Thursday of your choice from 11:45am – 12:15pm, plus 30 minutes prep time at your convenience.

Please contact:

Bernice Leblanc, Volunteer Coordinator
Alzheimer Society of New Brunswick
(506) 501-0294

volunteer@alzheimernb.ca