



嘗健55  
R.E.A.C.H.  
FOR AGING WELL

Alzheimer Society  
YORK REGION



Minds in Motion®

健腦健身心

X'mas & New Year  
special

Cantonese	Dates	Time
Wednesday	Dec 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> Jan 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	2:00-3:00 pm
Thursday	Dec 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> Jan 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> (No class on Jan 5 <sup>th</sup> )	2:00-3:00 pm

Goal : Meet new friends while enhancing physical health and cognitive stimulation

Program: Gentle seated exercise and fun games

Location: ZOOM meeting

Facilitator : Loletta, Public Education Coordinator, R.E.A.C.H Project

Fee: Free program

For whom : Anyone 55+ welcome

Class size : 25

Registration by: Dec 9th, 2022. Please fill out the form from the link below

meeting link will be sent on Dec 12th

<https://forms.gle/bb8S6tUayfa5bFSh9>

Contact us: For enquiry, please call Loletta Yu at 905-726-3477 ext 234

or email: [lyu@alzheimer-york.com](mailto:lyu@alzheimer-york.com)

