



嘗健55  
R.E.A.C.H.  
FOR AGING WELL

Alzheimer Society  
YORK REGION

# Minds in Motion®

健腦健身心



August & Sept

2023

Cantonese	Dates	Time
Wednesday	Aug 2 <sup>nd</sup> , 9 <sup>th</sup> & 30 <sup>th</sup> (No class on Aug 16 <sup>th</sup> & 23 <sup>rd</sup> ) Sept 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>	2:00-3:00 pm
Thursday	Aug 3 <sup>rd</sup> , 10 <sup>th</sup> & 31 <sup>st</sup> (No class on Aug 17 <sup>th</sup> & 24 <sup>th</sup> ) Sept 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <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/ Enquiry:** Please call Loletta Yu at 905-726-3477 ext 234

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

