



嘗健55  
R.E.A.C.H.  
FOR AGING WELL

Alzheimer Society  
YORK REGION



MARKHAM PUBLIC LIBRARY

## 国语健脑健身心班 *Minds in Motion*®

Join us and have  
fun in 2024!

*Meeting new friends while enhancing physical health and cognitive stimulation!*

Program: Gentle seated exercise and fun games

Dates: Jan 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> of 2024 (Fridays)

Feb 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>

March 1<sup>st</sup>, 15<sup>th</sup> & 22<sup>nd</sup> (no class on March 8<sup>th</sup> & 29<sup>th</sup>)

Time: 10:30am to 11:30am

Location: ZOOM (Free Program)

Language: Mandarin

Facilitator : Loletta, R.E.A.C.H. Project Public Education Coordinator,  
Alzheimer Society of York Region

For whom : Residents 55+ welcome

Class limit: 20 maximum

Visit MPL website for more information about this event:

<https://markham.bibliocommons.com/v2/events?series=655ce2e95390a829009de6ca>

Registration/ Enquiry: Please call Loletta at 905-726-3477 ext 234

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

