

Minds in Motion®

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

ASPHODEL NORWOOD



PUBLIC LIBRARY
NORWOOD WESTWOOD

Join us for a unique twist on our **Minds in Motion®** program, our first intergenerational program brought to you in partnership with the Asphodel-Norwood Public Library.

Minds in Motion® is a 2-hour program that combines 1 hour of physical activity with 1 hour of mental and social stimulation.

The program is designed for individuals with memory loss, and their care partners to attend together.

This intergenerational session will also have participants aged 7 to 12.

Dinner will be provided as part of the social portion of the program.

Join us Thursdays from October 6 to 27. Intergenerational programs have been found to diminish ageist stereotypes and strengthen communities. Come join the fun!



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Where: Asphodel-Norwood Community Centre, Millennium Room

**When: 4 week session Thursday October 6 to Thursday October 27
3:30 p.m. to 5:30 p.m.**

For more information, or to register a care partner and participant, contact Jenn Stubbert at jennifer@alzheimerjourney.ca or 705-748-5131 Ext: 225.

To register a child aged 7 to 12, contact treed@antownship.ca.

**As part of this partnership, we are excited to offer the program for FREE to Asphodel-Norwood Public Library cardholders.
Space is limited, register today!**