

Minds in Motion®



Improve physical and mental health
while building a stronger social network with fellow participants

The goal of this program is to have FUN!

WHAT IS IT?

Minds in Motion® is an eight-week course developed as a community-based social program. It incorporates physical activity and mental stimulation for people with early to mid-stage signs dementia *and their care partners*. Each session includes 45 mins of physical activity and 60 mins of social and intellectual stimulation.

WHERE IS IT?

The course will be held at Carefor South Stormont Seniors' Support Centre at the 34 Memorial Square in Ingleside.

WHEN IS IT?

The sessions begin Wednesday, September 5 from 9:00am to 11:00 am and are held every Wednesday for the following eight weeks. **If a participant cannot attend one of the sessions, they are to advise the Alzheimer's Society office at 613-932-4914.**

SESSION CONTENT

September 5	Initial Assessment – Initial assessment of the physical condition of the participants
September 12	Authentic Leisure - Ice breakers and informal socialization. Get to know each other and develop comfort within the group. This includes a short exercise routine.
September 19	Cognitive Resources - Fun exercise program followed by games of Scattergories and 20 Questions.

Minds in Motion®



SESSION CONTENT

September 26	Happiness – Fun exercise program followed by open discussion of items each participant has brought to the group, as well as games of Ad Lib and Name that Tune.
October 3	Leisure Interests - Fun exercise program followed by games of Jenga and Who am I?, including discussions about leisure and its importance.
October 10	Strengths - Fun exercise program followed by games of Bananagrams, then an open discussion on the different forms of strength, from whom we draw strength as well as inner strength.
October 17	Happiness, part 2 - Fun exercise program followed by a woodworking winter craft and introduction to the game of '4 Pictures, 1 Word.'
October 24	Cognitive Resources, part 2 - Fun exercise program followed by games such as: You be the Judge, Take a Penny, Leave a Penny and This Day in History.
October 31	Fun exercise program followed by creation of Memory Jars for all participants to take home, as well as activities with Name Grid and My Ideal Day. Open discussion about Minds in Motion® and how each participant felt throughout the eight weeks.

At-home activities will be assigned each week.

***To register for the Minds in Motion® in Ingleside,
Contact us at 1-888-222-1445.***

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CORNWALL & DISTRICT
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