

GOOD *for* YOU



Programs for people living with dementia

People living with changes in memory and thinking will have joyful moments through movement and peer connections. Activities will support strength, mobility and independence.

Care partners and support staff are encouraged to participate alongside their participants. These programs help to reduce the stigma of dementia by normalizing dementia-inclusive community spaces.

Fall 2025 programs to choose from:

- Balance & strength
- Chair yoga
- Golf
- Pickleball
- Seated Zumba®
- Skating
- Yoga

Registration information:

Web visible on July 24

Registration begins July 29

- 6 a.m. — Online (virtual waiting room opens at 5:30 a.m.)
- 8:30 a.m. — By calling the Customer Service Centre at 403-268-3800 (option 1)
- During business hours — At any City-operated [Aquatic & Recreation](#) or [Arts](#) facility

For more information go to calgary.ca/register