

DEMENTIA FITNESS with caregiver

Stay Active. Stay Connected. Stay Together.



This gentle fitness class is designed for individuals living with dementia and their caregivers to move, connect, and have fun together in a safe, supportive environment. Sessions include simple, guided exercises focusing on strength, balance, and flexibility, with options to suit all abilities. Music, repetition, and social interaction help build confidence and enjoyment while promoting overall well-being. Caregivers participate alongside their loved ones, fostering meaningful shared experiences and connection.

Instructor: Glen Froom

B.P.E., B.ED. | Certified Senior Fitness Instructor (CCAA) | BoneFit™ Trained (Osteoporosis Canada) | DELIGHT (Dementia Lifestyle Intervention For Getting Healthy Together) University of Waterloo & RIA (Research Institute For Aging)

Glen brings a passion for healthy aging and active living to our Dementia Program. With a background in education, senior services, and specialized senior fitness instruction, he has been leading fitness classes for adults aged 55+ since 2019. His supportive and encouraging style helps participants stay active, build confidence, and enjoy the physical and social benefits of movement in a welcoming environment.



Start Date: Thursday October 8, 2026

End Date: Thursday December 10, 2026

Time: 11:00am - 11:50am

Location: Royal Distributing Athletic Performance Centre
7384 Wellington Rd 30, Guelph ON N1H 6J2



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