

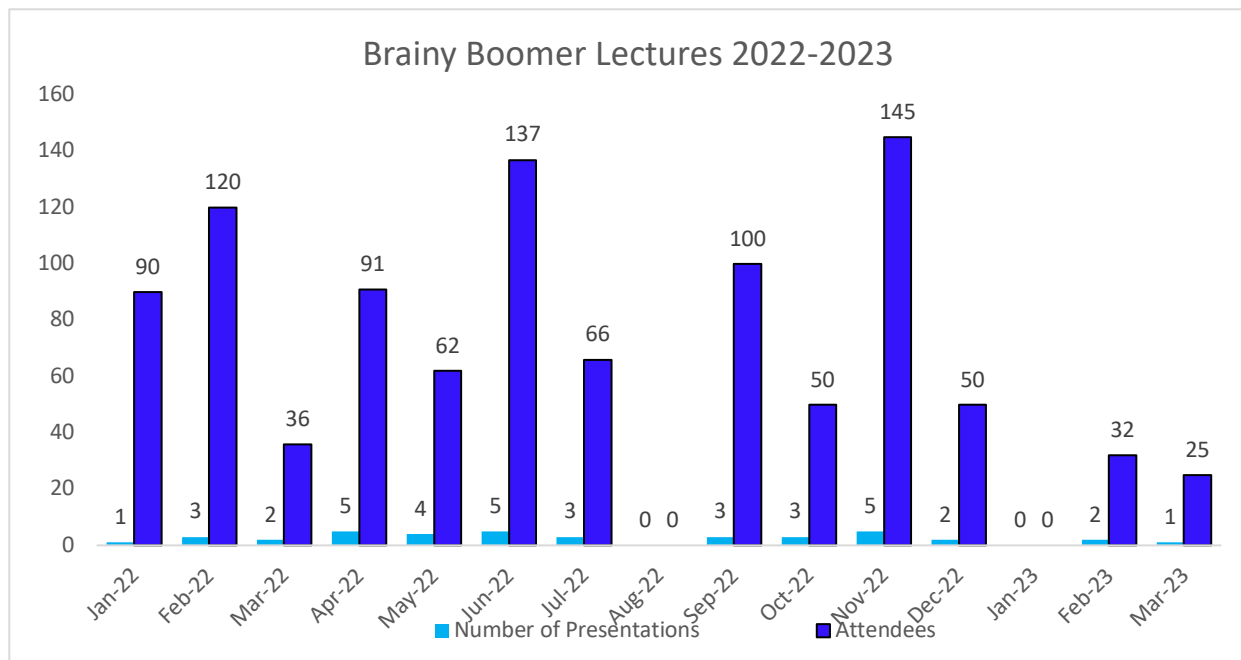
BRAINY BOOMERS LECTURE SERIES, GENTLE FLOW YOGA & EXERCISE FOR SENIORS 2022-2023

- Gentle Flow Yoga with Tanaz Pardiwa
- Exercise for Seniors with Giuliana Guerriero
- Brainy Boomer Lecture

DATE	PRESENTATION	PRESENTER	ATTENDEES
Thursday, January 20, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	43
Tuesday January 25th 2022	Alzheimer's Disease Update 2022	MCSA Education Committee	90
Thursday January 27th 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	44
Thursday February 3 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	52
Tuesday, February 8, 2022	BRAINY BOOMERS VALENTINE'S DAY	MCSA Education Committee	29
Thursday, February 10, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	35
February 22, 2022	What Do Muscles Have to Do with the Brain	Dr. José Morais	60
February 22, 2022	Resilience Training for Seniors (Part 2)	Mirella Castrechini	31
Friday, March 4th 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	25
Friday March 11 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	29
Tuesday, March 15 2022	My Cognitive Health	Alzheimer Society Montreal	18
Friday, March 18 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	21
Tuesday, March 22 2022	Fighting Social Isolation, Together	Nursing Student McGill University	18
Friday March 25 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	26
Tuesday April 5, 2022 (FR)	L'Audition un sens précieux	LOBE- Denis Jiminez	15
Tuesday, April 12 2022	Les Fraudes en temps de Pandemies , mythes et réalités	Montreal ***Police - Stephan Laperriere et Marie Eve Lepine	11
Thursday, April 14, 2022	Cooking for one has never tasted so Good	Dietetic Students - Collaboration SCCIQ- McGill	23
Tuesday, April 19, 2022	Fraud in times of pandemic, myths and reality	Montreal Police - Stephan Laperriere et Marie Eve Lepine	11
Thursday, April 21, 2022	Tips and Tricks for all day Energy"	Dietetic Students - Collaboration SCCIQ	23
Friday, April 22, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	24
Tuesday, April 26, 2022	Recognizing and Managing the Impact of Anger on Caregivers	Claire Webster	23
Friday, April 29, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	18
Tuesday, May 3, 2022 (FR)	L'audition une priorité (FRENCH)	Marie-Josée Taillefer (LOBE)	13
Friday, May 6, 2022	Gentle Flow Yoga with Tanaz	LOBE - Denis Jiminez	18
Tuesday, May 10, 2022	Who will speak for you? Planning for possible impairment of decision-making Capacity	Dr. Catherine Ferrier	20
Tuesday May 17, 2022 (FR)	Soutenir les conjoints-aidants d'une personne vivant avec la maladie d'Alzheimer à début précoce(FR)	Karine Thorn and Dr. Veronique Dubé	14
Friday, May 20, 2022	Gentle Flow Yoga	Tanaz Pardiwala	16

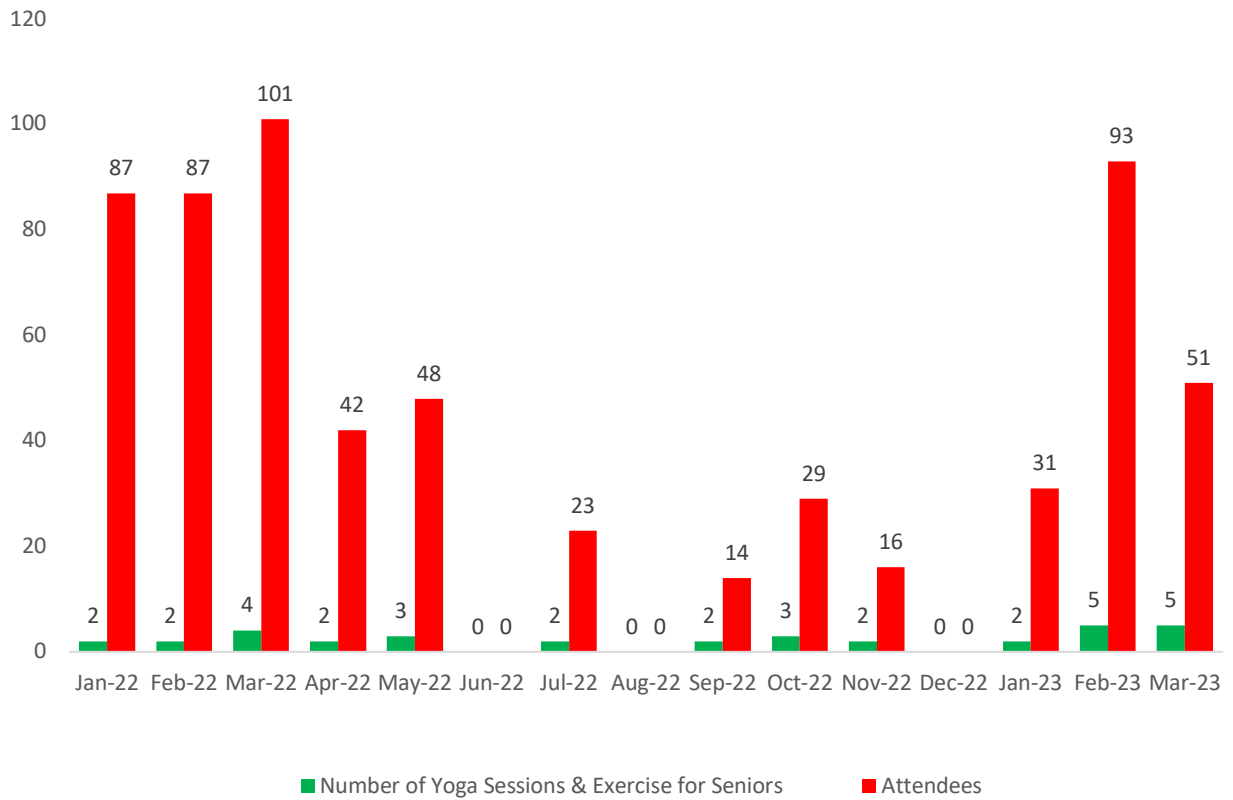
Friday, May 27, 2022	Gentle Flow Yoga	Tanaz Pardiwala	14
Tuesday, May 31, 2022	Dementia and Diabetes – What can we do about it?	Dr. Simon MD, FRCPC (Associate Member)	15
Friday, June 3, 2022(CANCELLED)	Gentle Flow Yoga (CANCELLED)	Tanaz Pardiwala (CANCELLED)	
Tuesday, June 7, 2022	Some Questions Worth Asking About Biological Aging	Dr. Seigfried Hekimi (Associate Member)	37
Tuesday, June 14, 2022	Hearing, an Invaluable Sense (English)	Lobe - Denis Jimenez	21
Tuesday, June 17, 2022	Gentle Flow Yoga	Tanaz Pardiwala	11
Thursday, June 24, 2022 (CANCELLED)	Gentle Flow Yoga (CANCELLED)	Tanaz Pardiwala	
Tuesday, June 21, 2022	Simple tips on how to better organize and downsize your space	Simplify with Sheeba	45
Friday, July 1, 2022(CANCELLED)	Gentle Flow Yoga (CANCELLED)	Tanaz Pardiwala	
Tuesday, July 5, 2022	Brush and Floss, How Oral Care is Important for Overall Health	Dr. Michael Wiseman	18
Tuesday, July 12, 2022	"There's no place like home" - Thoughts on and tips for "aging in place."	Dr. Wendy Chiu	27
Friday, July 22, 2022	Gentle Flow Yoga	Tanaz Pardiwala	9
Tuesday, July 26, 2022	The power of Music Therapy in Elderly Care	Joanni Ayotte	21
Friday, July 29, 2022	Gentle Flow Yoga	Tanaz Pardiwala	14
Tuesday, September 6th, 2022	Multiple Sclerosis - a Treatable Disease?	Dr. Stephania Palimeris	10
Tuesday, September 13th, 2022(CANCELLED)	Declutter and Organize your home (CANCELLED)	Lucinda Lamontagne	
Wednesday, September 21, 2022	Celebrating World Alzheimer Day	W.A.R. Authors	78
Friday, September 23, 2022	Gentle Flow Yoga With Tanaz	Tanaz Pardiwala	7
Tuesday, September 27 2022	Advanced paternal age and its consequences for their progeny	Dr. Bernard Robaire	12
Friday, September 30, 2022	Gentle Flow Yoga With Tanaz	Tanaz Pardiwala	7
Friday, October 7, 2022	Gentle Flow Yoga With Tanaz	Tanaz Pardiwala	11
Friday, October 14, 2022	Gentle Flow Yoga With Tanaz	Tanaz Pardiwala	6
Tuesday, October 18, 2022	What Role Does Genetics Play in Dementia?	Laura Robb	43
Tuesday, October 19, 2022	Il temps de déménager? Comment se préparer sans s'épuiser	Caroline Bertola	19
Friday, October 21, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	12
Tuesday, October 25, 2022	Wisdom Exchange Project	Kelly Perlman	7
Friday, November 11, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	8
Thursday, November 10, 2022	Hearing & Hearables: Potential of Better Understanding Alzheimer's Disease (ENG)	Dr. Christopher Niemczak, AuD, PhD & Dr Rachel Bouserhal, PhD	29
Tuesday, November 15, 2022	All you need to know to protect yourself, Your Loved Ones, and Your Legacy (Part 1) (ENG)	Anthony Santaguida and Anthony Sztasi (ENG)	30
Tuesday, November 22, 2022	Financial Abuse: Protecting your Money and Yourself (ENG)	Nelson Vallacorba, SIM, LL.B, RIS (TD Bank)	40
Tuesday, November 22, 2022	Delish Dish, Healthy at Home	Nursing students McGill University (Nutrition)	22

Friday, November 25, 2022	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	8
Tuesday, November 29, 2022	All you need to know to protect yourself, Your Loved Ones, and Your Legacy (Part2) (ENG)	Anthony Santaguida and Anthony Sztasi (ENG)	24
Thursday, December 8, 2022	Eat and Age Well - Eating on a Budget	Lingbo Li - McGill University Student	26
Wednesday, December 14, 2022	The Will	Margherita M. Morsella	24
Friday, January 20, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	15
Friday, January 27, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	16
Friday, February 3, 2023	Gentle Flow Yoga with Tanaz	Tanza Pardiwala	22
Tuesday, February 7, 2023	COVID-19 and Mental Health	Dr. Xiangfei Meng	10
Thursday, February 9, 2023	Eye Health: More than Meets the Eye	Dr. Christopher Serhan	22
Friday, February 10, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	15
Friday, February 17, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	19
Friday, February 24, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	18
Tuesday, February 28, 2023	Full Body Movement	Giuliana Guerriero	19
Friday, March 3, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	12
Friday, March 10, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	11
Tuesday, March 14, 2023	Overcoming Isolation: Creative Solutions to a Complex Issue	McGill Nursing Students	25
Thursday, March 16, 2023	Full Body Movement	Giuliana Guerriero	7
Thursday, March 23, 2023	Full Body Movement	Giuliana Guerriero	6
Friday, March 24, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	15
Thursday, March 30, 2023	Exercise for Seniors with Giuliana: Full Body Movement	Giuliana Guerriero	
Friday, March 31, 2023	Gentle Flow Yoga with Tanaz	Tanaz Pardiwala	



Summary: Total Presentations: 39 Total Attendees: 1004

Gentle Flow Yoga & Exercise for Seniors 2022-2023



Summary: Sessions: 34 Participants: 622