

Communities & Healthy Aging



Potlotek June-December, 2025



Cape Breton University’s **Centre of Excellence for Healthy Aging** offers FREE bi-weekly programs aimed at modifying the risk factors for dementia. Music, exercise, nutrition, social activities, and more for people 55+, at risk or living with dementia, and their caregivers.



June						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



July						
S	M	T	W	Th	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
S	M	T	W	Th	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
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28	29	30				

October						
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5	6	7	8	9	10	11
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November						
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December						
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21	22	23	24	25	26	27
28	29	30	31			

For more information, contact:

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