



SPARK!

CREATIVE ENGAGEMENT PROGRAMS *for* PEOPLE
WITH MEMORY LOSS *and* THEIR CARE PARTNERS

FREE monthly programs for care partners.

SPARK! is a creative engagement program for people with early to mid-stage memory loss and their care partners.

Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support, and inspire creativity through creative engagement. SPARK! programs are **FREE** for families to attend together in a comfortable environment led by specially trained staff and volunteers.

Call to register, some program dates may change due to weather conditions or other events.



Milwaukee Public Museum
3rd Sunday of the Month
(414) 278-2714



Mitchell Park Domes
4th Tuesday of the Month
(414) 257-5600



Schlitz Audubon
Nature Center
Call for dates
(414) 352-2880



Jewish Museum Milwaukee
Various Friday's
In-person & Virtual
(414) 277-8838



Wehr Nature Center
Call for dates
(414) 425-8550



RAM's Wustum Museum
2nd Friday of the Month
(262) 636.9573



Museum of Wisconsin Art
3rd Wednesday of the Month
(262) 247-2279

Visit www.sparkprograms.org to learn more!





Wehr Nature Center believes that Nature is...
“A Place for all Seasons, A Place for Everyone”

Spending time in nature is good for you. Nature can:

- Reduce stress levels while heightening our ability to focus
- Improve cognitive function, blood pressure, mental health, and sleep
- Encourage physical activity and provide opportunities to connect with other people

Nature Stimulates the Senses!

- The smell of a flower, rain, herbs, or freshly cut grass...
- Sound of rustling of leaves, crunching of snow, or bird songs...
- Feeling garden soil, sand, sun/wind on the face
- Exploring textures of feathers, rocks, plant stems, and leaves

Create your seasonal nature toolbox:

Use a crate or box to collect various items from the season. Some will keep for a while; others (like snow) are only for the “now”. Make sure to check ahead about collection rules at parks and other natural areas. *Examples: Rocks, garden soil, feathers, fur, seeds, acorns, pinecones, cut flowers, dried flower heads, leaves, grasses, shells, and sand. etc. Consider bringing nature to you - install a bird feeder, plant colorful flowers in a planter box, etc.*

Favorite SPARK! Resources

Cornell Lab of Ornithology - All About Birds

<https://www.allaboutbirds.org>

Online guide to birds and birdwatching; live stream bird cams!

EK Wisconsin - Environmental Education for “Kids”

<https://www.eekwi.org/>

Wisconsin-specific wildlife, plant life, habitats; photos, facts, videos, etc.

University of Wisconsin-Madison Arboretum - Journey North

<https://journeynorth.org/>

Track migration and seasons; monarch butterflies, hummingbirds, and more.

SPARK! Alliance

<https://www.sparkprograms.org/>

SPARK! program info and locations throughout Wisconsin and beyond.