



Stay active and have fun with

Minds in Motion !

A partnership with The Loving Hands Group

Join us for a free bimonthly program designed to spark creativity and stimulate the mind and body in a friendly social setting

2020

January
Tai Chi

Tai Chi is a practical, slow-flowing exercise for restoring flexibility and joint function, improving balance, and lifting energy and outlook. Anyone can participate, even if they are new to Tai Chi, and even if they are using a walker or wheelchair.

(REGISTRATION OPENS Dec. 1)

March

Music Group Discussion

A musician performs songs that are specifically chosen to evoke memory, opinion, or emotion. Discussions are held after each song for the group to share their life experiences and opinion of the piece.

(REGISTRATION OPENS Feb. 1)

May

Self-Portrait Photography

We will learn about some famous self-portrait examples, then think about and discuss how to portray ourselves in our own self-portrait. Props will be provided. Practice getting creative and explore photography as a tool to express what's within!

(REGISTRATION OPENS April 1)



The Cleveland Area Chapter is proud to offer a social engagement program designed specifically to enrich the mind, body, and soul of those with mild to moderate memory and thinking disorders and their loved ones.

WESTSIDE

WHEN: 2nd Thursday of each odd month of the year

1:30 pm - 3:00 pm

WHERE: Avon Lake Senior Center

100 Avon Belden Road

Avon Lake, OH 44012

EASTSIDE

WHEN: 3rd Thursday of each odd month of the year

1:30 pm - 3:00 pm

WHERE: Alzheimer's Association

23215 Commerce Park Ste. 300

Beachwood, OH 44122

REGISTRATION IS REQUIRED

-Space is limited-

For more information and to register for a program, please contact **Mary Ertle at mertle@alz.org or 216.342.5607**

****Please note this program is intended for individuals with mild to moderate Alzheimer's or a related dementia to attend along with an adult family member or friend. Please contact Mary to see if this program is a good fit for you.**