



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTive MEMORIES MEMORY CAFE

2nd Friday each month

10:30 am - 12:00 pm

The YMCA is working in collaboration with Marshall's ACT on Alzheimer's ACTION team to create a Caregiver-Friendly environment. ACT (Alzheimer's Community Team) meets at the YMCA for a unique class experience led by Ruthe Thompson. This program is open to Parkinson, MS, & Dementia patients and their caregivers, **and is funded by a Grant from the State of Minnesota.** The first hour is devoted to fitness, and is for both the patient and their provider. The second hour the caregiver may use our facility as a "break" while your loved one participates in structured social time.

Upcoming Class Dates & Projects:

August 11
Marshall Rocks! Decorating rocks.

September 8
Meet & Greet Avera's new
Geriatric Nurse Practitioner and Music

October 13
Art

November 10
Education/Extended Learning

December 8
Reminisce



Marshall



For more information contact:

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