



ART FROM THE HEART

Enjoy an afternoon of socialization and fun at our free Art from the Heart Memory Café

We utilize art and music to stimulate the sensory and memory parts of the brain. We paint, craft, laugh and sing to encourage a sense of accomplishment and motivate the recall of memories.

This is an opportunity for the caregiver and the person living with Alzheimer's or dementia to enjoy each other's company, and the company of others. Come meet others who are experiencing similar challenges.

SESSIONS:

Citrus Memorial Health Foundation YMCA (4127 W Norvell Bryant HWY, Lecanto)
(Now including Tai Chi)

2nd Thursday from 2-4:30pm and 4th Thursday from 1-3:30pm

Crystal River YMCA Location (405 SE 7th Ave, Crystal River)

1st Saturday from 1-3pm

MORE INFO:

This program is offered at no cost to participants. Those living with Dementia and their caregivers must both be in attendance. Pre-registration is required.

Visit the YMCA or call Janie at 352.500.9622 for more information!

Supported by:



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DEMENTIA LLC**