



Art and music can help people living with dementia express their thoughts, memories and emotions.

Join Us for Opening Minds through Art and Music & Memories!

For people living with dementia and other cognitive challenges, art and music can help them express their thoughts, memories and emotions. Our free activities include:

Art classes for the creation of beautiful works of abstract art, focusing on existing strengths rather than skills they have lost. All supplies are provided.

Music activities include singing and instruments and gives the opportunity to make music with others who have similar challenges without the fear of stigma.

6-Week In Person Art / Music Series At St. Mark's Lutheran Church by the Narrows

Tuesdays, June 21 - July 26th

OMA – 10:15-11:15 am

Music – 11:30 am-12:15 pm

At Mountain View Community Center in Edgewood Wednesdays, June 22 - July 27th

Music – 12-12:45 pm

OMA – 1:00-2:00 pm

6-Week Virtual Art / Music Series

Tuesdays, June 21 - July 26th

Music – 10:00 am - 11:00 am

Thursdays, June 23 - July 28th

OMA – 11:00 am - 12:00 pm

OMA – 2:00-3:00 pm



What does art and music do for someone living with dementia?

- Gives them joy
- Focuses on their strengths
- Caregivers connect with their loved one in a fun way
- Empowers them to make choices
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life



Caregivers who attend art and/or music classes may see a glimpse of their loved one enjoying an activity in a way that they are not typically able to with their disease.

Classes are held in person or virtually and are FREE!
Pre-registration is required.

[Register here](#) for all classes



For more information, please contact:

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