



Lutheran Community Services Northwest
Opening Minds through Art (OMA)
 and
Music & Memories

FREE programs designed for people with dementia,
 traumatic brain injuries, and other cognitive challenges.



Opening Minds through Art (OMA) and **Music and Memories (MM)** are intergenerational programs for people with dementia that are aimed at promoting their social engagement, autonomy, and dignity through failure free, abstract art and music.

In-person classes:

Tacoma - St. Mark's Lutheran Church by the Narrows

Tuesdays: OMA 10:15-11:15 am
 MM 11:30 am-12:15 pm

Edgewood - Mountain View Community Center

Wednesdays: MM noon-12:45 pm
 OMA 1-2 pm



Online classes:

Tuesdays: MM 10-11 am
 Thursdays: OMA 11 am-12:00 pm or 2-3 pm

All classes are **FREE!**
 Preregistration is required.

For more information contact:

Phone: 253-272-8433

Email: dementiaservices@lcsnw.org
lcsnw.org

