



## 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](mailto:dementiaservices@lcsnw.org)  
[lcsnw.org](http://lcsnw.org)

