

# Music Memories

*Uplifting our spirits and connecting with others through the joyful expression of music and memories.*

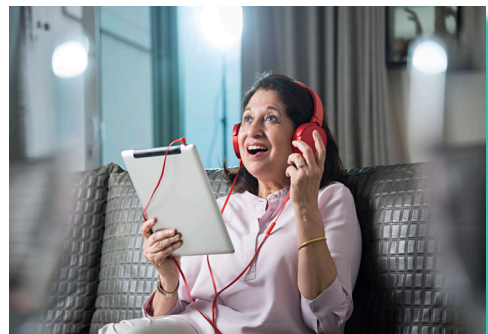


## Introducing Music Classes for People with Dementia

Research shows that music can evoke memories that have been lost to dementia and other cognitive challenges. This program, which includes singing and instruments, allows people living with dementia to make music with others who have similar challenges without the fear of stigma. It also allows caregivers to see their loved one engaging in a fun and creative way outside of their normal caregiving routine.

These FREE Music classes will run for six weeks starting November 30th on Tuesdays with a morning and an afternoon option. Classes are open to residents of Pierce County and surrounding areas

*Caregivers who attend music classes may see a glimpse of their loved one recalling and enjoying music in a way that they are not typically able to with their disease .*



### What does music do for someone living with dementia? *Benefits of Music and Memories:*

- Gives them joy
- Makes them feel present yet allows them to go back in time
- Evokes memories that have been lost
- Allows them to feel connected and gives them a sense of belonging
- Improves ability to concentrate and focus
- Alleviates social isolation by connecting with others
- Increases quality of life

**Classes are held virtually via Zoom and are FREE!**  
**Pre-registration is required and spots are limited.**

**Contact us today!**



For more information, please contact:



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