**In the Moment!**

Activity Group for seniors

with memory loss & their caregivers

*Opening the Imagination*

*Awakening the Mind & Body*

*Community, Connection, Creativity*

Meaningful activities engage us in the present moment, which makes them perfect for seniors living with memory loss.

There is no memory requirement, and no experience necessary, just the joy of participating in a creative experience, which could be playing or enjoying music, singing, sharing life stories, art-making, gentle movement, dancing (chair-dancing), improvisational theater … these open the imagination and stimulate and awaken the mind and body, and encourage creative expression.

**Where: When:**

Center At The Park ∘ Meridian Senior Center Friday, July 14th 1-2:30pm

1920 N. Records Way

Meridian, ID 83646

(S.E. Corner of Kleiner Park,

behind The Village, in Meridian)

**Hosted by Erika Shaver-Nelson**

Contact Erika at (208) 724-4754

erikashavernelson@gmail.com

*Erika has been an Activity Coordinator, working in senior living communities since 2004. She has led activity groups for seniors with memory loss for 20 years.*