

Memory Collective

An online enrichment class for adults living with memory loss



Offered through 2nd Half with Lyngblomsten community services, the **Memory Collective** is an eight-week online enrichment class for adults experiencing memory loss (including for those early on or even before a formal diagnosis). As a participant, you'll join a supportive community with others on a similar journey and, collectively, discover ways to keep living your best life possible.

Each week for seven weeks, you and (if desired) a guest of your choosing (e.g., friend, family member, spouse) will gather virtually with others for a 90-minute online Zoom session facilitated by Lyngblomsten staff. Each session will feature a variety of educational topics and activities, as well as time for you and other participants to share your life experiences as you learn from one another and build a social group. After the online series concludes, the group will come together for an in-person outing at a local destination (e.g., museum, park) based on that quarter's theme.

While memory loss can be challenging, you don't have to face it alone. Sign up for the Memory Collective today! Our team is ready to meet you where you're at and support you on your journey.

Memory Collective—Winter 2022

Join one of two Memory Collective groups this winter, each held from February to March 2022.

- Thursdays from 1–2:30 PM (February 3–March 24)
- Fridays from 10–11:30 AM (February 4–March 25)

Theme for Winter 2022: Minnesota Fun Facts

Socialize and discuss fun facts related to Minnesota history, music, art, culture, and more!

Fee: \$175 for eight sessions (less than \$25 per session); covers any guests who may attend the sessions. *There may be an additional small fee to cover the in-person outing.*

Registration: Register online at www.lyngblomsten.org/MemoryCollective (click on the registration button).

Registration and payment required by January 21, 2022. Register early, as each group is limited to eight participants.

For more information, contact:

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Lyngblomsten is a Christian nonprofit organization that has been providing healthcare, housing, and community-based services for older adults since 1906. Each year, it serves hundreds of adults in St. Paul and the east metro through its community services (known as 2nd Half with Lyngblomsten), which includes wellness and enrichment opportunities, caregiver services, and resources to congregations and their older adult ministries. 2nd Half with Lyngblomsten is known locally and nationally for its expertise in developing high-quality programming for persons living with memory loss. It is funded in part through donations given to the Lyngblomsten Foundation. To learn more about the Lyngblomsten Foundation, visit www.Lyngblomsten.org/Foundation.