

Memory Collective

An online enrichment class
for adults with memory loss



Offered through Lyngblomsten Community Services, the **Memory Collective** is an online enrichment class for adults experiencing memory loss, particularly mild cognitive impairment or early skill challenges with memory, language, visual perception, or processing. 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.

For seven weeks, you and (if desired) a guest of your choosing will gather virtually with others for a 90-minute online Zoom session facilitated by Lyngblomsten staff. Each session will feature a variety of engaging educational topics and group activities. After the online series concludes, the group will come together for an in-person outing at a local destination (e.g., museum, park).

2024 Memory Collective Schedule:

Choose from Tuesdays (10–11:30 AM) or Thursdays (1–2:30 PM). *Class dates in 2024 are:*

Tuesdays: January 23–March 12, April 2–May 21, June 18–August 13, & October 1–November 19.

Thursdays: January 25–March 14, April 4–May 23, June 20–August 15, & October 3–November 21.

Fee: \$175 for eight sessions; this covers any guests who may attend the sessions. A sliding-fee scale is available to those who qualify, based on income. *There may be an additional small fee to cover the in-person outing.*

Registration: Registration is required. Participants are encouraged to register early, as each class is limited to eight participants.

To register or for more information: Cyndy Rudolph, Outreach & Admin. Coordinator
(651) 632-5330 | communityservices@lyngblomsten.org
www.lyngblomsten.org/MemoryCollective



Lyngblomsten is a Christian nonprofit that has been providing healthcare, housing, and community-based services for older adults for more than a century. Each year, it serves hundreds of adults through Lyngblomsten Community Services, which 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 (www.Lyngblomsten.org/Foundation).