

Unwind your mind

Activities for Persons with Early Dementia

A diagnosis of Alzheimer's disease or other dementia is life changing. Because individuals with dementia often feel isolated and disconnected, it is important that opportunities to participate in community activities that are meaningful, creative, and social are made available to them. Such activities can provide a sense of competence, a reduction in depression, and improved relationships with family members. Studies have shown that arts, crafts, computers and social activities help slow mild cognitive loss by up to 50%.

The Community Center, in cooperation with Lori Stock of the Fort Wayne Alzheimer Association, is now offering classes and activities for those with signs of early dementia. A schedule of future classes and programs are available by calling the Community Center at 427-6461 or 427-6466 or visiting our website at www.fortwayneparks.org.

All classes are held at the Community Center, 233 W. Main St. (unless otherwise indicated)

Social

Monday Luncheons

Bring a friend or two and join us for these special Monday luncheons. We'll begin serving at 11:30 a.m., but you are invited to come earlier and enjoy cards or table games with other fun-loving folks. The fun is free, but lunch is \$4/person. Paid reservations are required by 4:00 pm on the prior Wednesday and may be made by calling 427-6460. Ages 50+.

Monday, March 18, 11:30 a.m.

"March Madness"

Supporting Sponsor:

Canterbury Health & Rehabilitation

Monday, April 15, 11:30 a.m.

"Poetry Party"

Supporting Sponsor: Coventry Meadows

Monday, May 20, 11:30 a.m.

"Remembering the Fallen"

Supporting Sponsor:

Life Care Center of Fort Wayne

Tuesday Movies

Join us for an afternoon at the movies! Admission is FREE, but please call 427-6460 by the Monday prior to the movie to reserve your seat. Show time is 1:30 p.m.

March 5 The 15:17 to Paris
 March 19 Finding Your Feet
 April 2 Miracle Season
 April 16 Peter Rabbit
 May 7 Ocean's Eight
 May 21 Mama Mia! Here We Go Again



Bingo

March 8, 22, April 12, 26, May 10, 24, 1 p.m.

Bingo is held at 1:00 p.m. on the 2nd and 4th Fridays of each month. Prizes are snacks, canned goods and miscellaneous household items. Fee: 3 cards/50¢

Walking Tours

Put on your walking shoes, dress for the weather and join tour guide Keith Hood for a walk through downtown Fort Wayne. We'll tour the Ash Skyline Plaza in April and the Arts Campus in May. Tours depart from the Community Center. Pre-registration is required. Call 427-6460 to sign up. The \$3 fee may be paid when you register or when you arrive for the tour.

Ash Skyline Plaza

Wednesday, April 17, 9:30-11:00 a.m.

On this walk, we will see the recently completed Ash Skyline Plaza with the parking garage complex bordered by the streets of Berry, Harrison and Wayne in downtown Fort Wayne. Some of the businesses you will see in the plaza include the Proximo Restaurant, De Brand Fine Chocolates, Parkview Therapy One, Skyline YMCA, Lake City Bank and Skyline Garage. Sign up by April 10.

Arts Campus of Fort Wayne

Wednesday, May 15, 9:30-11:00 a.m.

Today's tour will include some of the local creative art facilities available through the Arts Campus of Fort Wayne. These facilities will include the Auer Center for Arts & Culture, Parkview Physicians Group Arts Lab, the Arts United Center, Friemann Square Park, the Japanese Friendship Gardens, the History Center, the Barr Street Market, Alexander T. Rankin House and the Hall Community Arts Center (Cinema Center and Fort Wayne Dance Collective). Sign up by May 8.

Swinney Homestead Tour & Lunch

Travel back in time for lunch and a tour at the Thomas & Lucy Swinney House. The Swinney House is one of Fort Wayne's oldest homes. The 14-room mansion was owned by one of the richest families in Fort Wayne history and is surrounded by gardens. This event begins with a five-course meal and refreshments being served at noon by Settler members. After lunch, there will be a historical tour of the Swinney House. Parking is free at the Swinney House and the first floor is handicap accessible. Registration deadline: April 3. Min. 23. Max. 40.

Code	Date	Day	Time
241600-W1	4/17	W	11:30 a.m.

Sessions/Fee: 1/\$22/\$27 after April 10
 Location: Swinney Homestead, 1424 W. Jefferson Blvd.

Fitness

Wii Bowling League

Tuesdays, April 9-May 14, 11:00 a.m.

Wii Bowling is a great way to stay active! Join us for fun and friendly competition at the Community Center and other locations where we have the opportunity for social bowl-a-thons throughout the season. Call 427-6461 by April 2 to sign up.

Arthritis Foundation Exercise

Tuesdays & Thursdays, 10:00-10:45 a.m.

The Arthritis Foundation Exercise Program is a recreational exercise program designed for anyone with arthritis or related rheumatic disease and/or joint problems (hip/knee replacement, stroke, etc.). If you are just beginning to exercise, start here. This class is designed to improve strength and flexibility, reduce pain caused by arthritis and other ailments, and increase mobility. Attend this drop-in program any time. Orange Juice provided by Miller's Merry Manor. Ages 50+. Drop-in fee: \$1.

Everyday Exercise

Tuesdays & Thursdays, 9:00-9:45 a.m.

Enjoy the benefits of a daily exercise routine designed just for you. This class incorporates the use of handheld weights to help improve cardiovascular endurance, muscular strength, flexibility, balance and mobility. Please consult your doctor before beginning any new exercise program. Attend this drop-in program any time. Orange juice is provided by Miller's Merry Manor at each session. Ages 50+. Drop-in fee: \$1

Walking Group

Wednesdays, April 10-May 29, 11:00 a.m.

Would you like to get outside and enjoy a nice walk through Downtown Fort Wayne? Join us for a fun mile walk while enjoying the company of others. We will walk different routes through the downtown area. Some of the walks will include a stop at various locations for a quick tour. Please call 427-6460 to sign-up by the Monday before each walk. There is no fee to participate in these walks.



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www.fortwayneparks.org



Mind, Music & Movement

Music is a great way to excite both sides of the brain. It is actually the only information that is stored twice in your brain. Join this engaging group that is filled with music designed to cognitively stimulate and challenge your memory. This time together will also be sure to add enjoyment and quality of life in a welcoming environment. Instructor: Kristine Agen. Registration deadline: January 15. Sponsored by Heritage Park.

Dates	Day	Time
4/9-4/30	T	2-2:45 pm

Sessions/Fee: 4/\$10

Relaxation Station: Adult Coloring

Mondays, 10:00-11:00 a.m.
March 18, April 15, May 20

Who doesn't like to color? Listen to relaxing music, visit with your neighbor and color till your heart's content using colored pencils. No pre-registration is necessary. Just drop in! Drop-in Fee: \$1. Note: Our monthly Monday Luncheons are on the same dates, so make plans to sign up and stay for lunch.

COMMUNITY CENTER HOURS

Mon-Fri 8:00 am-4:30 pm
 Saturday 8:00 am-12:00 pm

Seminars

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Monday, May 20, 5:00-6:30 p.m.

This educational workshop offered by the Alzheimer's Association provides helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved. This seminar is free; however, you will need to call 427-6460 by May 13 to register.

Mind Sharpening Brain Training

Mondays, April 1, 8, 15, 22, 29, 12:30-2:30 pm

Keeping your mind active and regularly challenged may help you spend a shorter part of life in a state of decline. Using the Lumosity application you can challenge yourself in math skills, vocabulary and reading skills. We'll show you how to sign up for your own Lumosity account so you can access it from any computer, smartphone or tablet. Drop-in fee: \$1

Acrylic Painting

Paint a picture and take it home the same day! You'll be guided step-by-step from blank canvas to your finished painting, learn how to load the brushes, paint wet into wet and blend colors as you go. All necessary supplies will be provided. Max. 8.

Date	Day	Time
3/26	T	1:30 pm

Sessions/Fee: 1/\$25

Creative Quilting

Thursdays, 1:00-4:00 p.m.

Do you like to quilt? Do you want to meet other quilters, meet new friends, share your ideas and get your quilting questions answered? The iron and ironing board will be set up for pressing. You will have a large table to work on and lay out your quilt. New friends, new ideas, and new patterns – all you need for an enjoyable afternoon. Ages 50+. No need to call ahead. Just drop in! Drop in fee: \$1

Carefree Crafts

Mondays, 12:30 p.m.
March 18, April 15, May 20

Feeling crafty but just need a little guidance? Join us for some carefree crafts! Our monthly Monday Luncheons are on the same dates, so make plans to have lunch then stay to make and take a craft! Pre-registration is required by 4:00 p.m. on the previous Wednesday. Ages 50+. Fee: \$3/\$1 with Monday Luncheon reservation. Sponsored by Majestic Care.

Hand Building-Clay Pottery

Come experience pottery at its best. You'll hand build a project as well as try out a pottery wheel. Instructors: Brandon Furniss (weekdays) and Onie Mensch (Saturdays). Max. 8.

Date	Day	Time
3/16	Sa	11:30 am-1 pm
4/15	M	11:30 am-1 pm
4/20	Sa	11:30 am-1 pm
5/18	Sa	11:30 am-1 pm

Sessions/Fee: 1/\$12



Services

Diabetic Screening

Over 30 million Americans (9.4% of the U.S. population) have diabetes. While an estimated 23 million have been diagnosed, 7 million are unaware they have the disease. Sunshine Home Health Care offers FREE diabetic screenings at the Community Center on the first Thursday of every month. No appointment is required.

Dates	Day	Time
3/7, 4/4, 5/2	Th	9-11 am

How's Your Hearing?

Approximately 28 million Americans, or about one in every ten people in this country, have some hearing loss. Many don't even know it. Audiologist Dr. Zach Burkle conducts FREE hearing screenings at the Community Center on the first Tuesday of each month, unless otherwise noted. The screening only takes 15 minutes. Please call 427-6460 to make your appointment and arrive 15 minutes prior to your scheduled time. Ages 50+.

Dates	Day	Time
3/5, 4/9, 5/7	T	9-11:15 am

Senior Health Insurance Assistance Program (SHIP)

A trained SHIP counselor is available on the first and third Thursday of every month to answer questions about Medicare, Medigap (supplement to Medicare), Prescription Drug Plans and Advantage Plans. Get a detailed explanation of Medicare coverage and learn the differences between Medigap and Advantage Plans and when an additional prescription drug plan is necessary. Please bring a list of your prescription drugs, as well as the strength and how often it is taken. Call 427-6460 to schedule an appointment. This service is free and not affiliated with any insurance agency.

Day	Dates	Time
Th	3/7, 3/21, 4/4, 4/18 5/2, 5/16	9 am-12 pm



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