

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 offers 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 and join us for these special Monday luncheons at the Community Center. We begin serving at noon, but we encourage you to come at 10:00 and enjoy our Relaxation Station. The September and October luncheons are \$5; November luncheon is \$6. Paid reservations are required by the previous Wednesday at 4:00 p.m. Ages 50+.

Monday, September 19, 12:00 p.m.

"Monday Brunch"

Sponsor: Lutheran Life Villages

Monday, October 17, 12:00 p.m.

"October Fest"

Sponsor: Majestic Care

Monday, November 21, 12:00 p.m.

"Pumpkin Love"

Sponsor:
Englewood Health & Rehabilitation

Tuesday Movies

Community Center, 233 W. Main St.

Join us for an afternoon at the movies! Most features are recent releases and admission is FREE. Show time is 1:30 p.m. Space is limited. Please call 427-6460 by the Monday prior to each movie to reserve your seat. Tuesday movies are sponsored by Miller's Health Systems of Fort Wayne.

September 6.....Annie Live!
September 20..... 13 Minutes
October 4 Marry Me
October 18..... Clifford the Big Red Dog
November 1 King Richard
November 15..... West Side Story

Find us on 
Fort Wayne Parks and Recreation
Community Center

Bingo

2nd and 4th Friday, 1:00 p.m.

Sept 9 & 23, Oct 14 & 28, Nov 11

Community Center, 233 W. Main St.

Prizes include snacks, canned goods and miscellaneous household items. Sponsored by Miller's Health Systems of Greater Fort Wayne and Heritage Park. Fee: 3 cards/50¢

Sensory Friendly Night of Lights

Wednesday, November 23, 6:00-9:00 p.m.

Park Foundation Pavilion

Promenade Park, 202 W. Superior St.

Escape the hustle and bustle of the holidays with a relaxing light show presentation using low lighting projections, optional aromatherapy, soft music, and guided relaxation as we showcase our newest Riverfront initiative . . . "sensory friendliness." You've heard the term, now come experience it for yourself! The program will be offered in 8-minute sessions throughout the evening beginning at 6:00 p.m. Admission is FREE and open to all.



Intergenerational Fishing Derby

Saturday, September 24, 10:00 a.m.-1:00 p.m. • Lakeside Park, 1401 Lake Ave.

Bring your favorite fishing partner under the age of 50 (only one partner per 50+ person) and double your fun and your chances to catch the biggest and most fish! Fishing ends at 12:00 p.m. and is followed by a cookout for all participants. You do not need a fishing license to participate in this event, but you do need to bring your own gear, a fun attitude and some good luck! Call 427-6460 by September 16 to register for this FREE event. Check in by 9:30 on the day of the derby.

Services

How's Your Hearing?

Approximately 28 million Americans have some type of hearing loss and over half of them avoid seeking help. Don't be one of those people! Audiologist Dr. Zach Burkle conducts FREE hearing screenings at the Community Center on the first Tuesday of each month. The screening only takes 15 minutes and can change your life. Please call 427-6460 to make your appointment and arrive 15 minutes early. Ages 50+.

Day	Dates	Time
T	10/4, 11/1	9-11:15 am

Location: Community Center, 233 W. Main St.

Legal Counseling

Beers Mellers Attorneys at Law answer your legal questions at the Community Center on the first Friday of every month. Please call 427-6460 to make an appointment. This FREE service is offered to people age 50 and over.

Day	Dates	Time
Fri	10/7, 11/4	9 am-12 pm

Location: Community Center, 233 W. Main St.

ABC Exercise: Activate, Boost & Challenge

Tuesdays & Thursdays, 9:30-10:15 a.m.
Community Center, 233 W Main St.

ABC Exercise, formerly Arthritis Foundation Exercise, 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 with this class specifically designed to improve strength and flexibility, reduce pain caused by arthritis and other ailments, and increase mobility. No pre-registration is required for this drop-in program. Ages 50+. Drop-in fee: \$1/class.

Bradley Hotel and Kilwins Tour

Tuesday, October 4, 3:30-5:00 p.m.

Join us for a tour of the new 5-story Bradley Hotel, located at 204 W. Main St. Provenance Hotels partnered with Bradley Backgaard on the 124-room, nine-suite hotel which also features a roof-top restaurant. Afterward we will visit Kilwins Chocolate. Keith Hood is our walking tour guide.

Downtown Walkers

Wednesdays thru Oct 26, 11:00 a.m.
Community Center, 233 W. Main St.

Would you like to get outside and enjoy a nice walk through downtown Fort Wayne? Join us for a fun one-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.



October 8, 9:00 a.m.
Community Center, 233 W. Main St.

Help us end Active Aging Week with a bang! Join our team, The Active Agers, and show off what active aging really looks like! We will start at the Community Center and walk to Parkview Field to watch the live opening ceremony at 9:00 a.m. After that, you can choose a 1-mile or 3-mile walk. This activity is free but you must call 427-6460 to register by September 25.

Arts

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
11/15	T	1:30 pm

Sessions/Fee: 1/\$25

Location: Community Center, 233 W. Main St.

Relaxation Station: Adult Coloring

3rd Mondays, 10:30-11:30 a.m.

Sept 19, Oct 17, Nov 21

Community Center, 233 W. Main St.

Who doesn't like to color? Listen to relaxing music, visit with your neighbor and color till your heart's content using colored pencils or gel pens. No pre-registration is necessary. Drop-in fee: \$1 (Monthly luncheons are on the same day, so plan to stay for lunch!)

Creative Quilting

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

Community Center, 233 W. Main St.

Creative quilting has much in common with the quilting bee. It provides an opportunity to meet other quilters, make new friends, share ideas and express your artistic capabilities. Rather than everyone working on one common quilt, however, you are encouraged to bring your current quilting project to work on. An iron and ironing board will be set up for your use and large tables available for laying out your quilt. Ages 50+. There is no need to call ahead. Drop-in fee: \$1

Carefree Crafts

Mondays, 1:00 p.m., Sept 19, Oct 17, Nov 21

Community Center, 233 W. Main St.

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 the previous Wednesday. Sponsored by Life Care Center of Fort Wayne. Fee: \$3/\$1 with Monday Luncheon reservation.

Seminars

Know the 10 Signs

Monday, September 12, 3:30-5:00 p.m.
Community Center, 233 W. Main St.

Alzheimer's Disease and other forms of dementia cause memory loss, and thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease and how to approach someone about memory concerns. We will also discuss the importance of early detection and benefits of a diagnosis, the possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. This seminar is free; however, you will need to call 427-6460 by September 5 to register.

Effective Communication Strategies

Monday, October 3, 3:30-5:00 pm
Community Center, 233 W. Main St.

Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies is a program provided by the Alzheimer's Association® that explores how communication takes place when someone has Alzheimer's disease. The seminar is free; however, pre-registration is required. Please call 427-6460 to sign up by October 5.

Joint Screening & Fall Risk Assessment

Thursday, September 22 and October 27
10:00-11:00 a.m.

Community Center, 233 W. Main St.

More than 1/3 of adults 65 and older fall each year and 20-30% of people who fall suffer moderate to severe injuries. Integrity Physical Therapy of Indiana is offering 15 minute appointments on the 4th Thursday of the month to help you identify if you are at risk for falling. They will also provide you with education on risk factors and fall prevention strategies. The Joint Screening will focus on a brief evaluation of one joint (elbow, neck, shoulder, knee, hip, etc.) using Range of Motion and Manual Muscle Testing. Call 427-6460 to reserve your FREE appointment. Please arrive 15 minutes before your appointment to check in. If there are openings or no shows walk-ins will be welcome.



Fidget Blankets

The Alzheimer's Association in conjunction with Annie's Caring Crochet Kit Club offers FREE fidget blankets to Alzheimer's caregivers. These crocheted blankets have various objects securely attached to them that can help stimulate the mind and keep a person occupied as they "fidget" with each item. The Community Center is currently assisting with the distribution of the blankets. Call Patti Davis at 427-6465 to arrange a pickup.