



Meadowlark Memory Program provides free services to anyone in the Flint Hills region affected by cognitive changes.

## MEMORY ACTIVITIES CLASS

Tuesday from 10 to 11 a.m.

Event Center at Meadowlark

Whether you are worried about cognitive changes or want to keep your mind sharp, the weekly Memory Activities Class is for you. You will learn about the brain, memory strategies and techniques, have fun, and make connections in this class led by a licensed Speech-Language Pathologist.

## CHAIR YOGA

Tuesday & Thursday at 11:15 a.m.

Community Room at Meadowlark

This class focuses on stretching, breathing, and dynamic movements. All fitness levels are welcome.

## SEATED STRENGTH

Monday, Wednesday, Friday at 9:30 a.m.

Community Room at Meadowlark

This exercise class is suitable for all fitness levels. The class incorporates total body strengthening exercises and utilizes hand weights and exercise bands.

## ARTFUL MEMORIES

4th Tuesday from 10 to 11 a.m.

Bison Room at Meadowlark

What do you think and see when you look at a work of art? Have you ever wondered what other people think and see? Enjoy discussing unique pieces of art in a conversation guided by a certified visual thinking strategy facilitator. No matter your abilities or experiences everyone is able to participate in the discussion as viewers explore the answer to the question, "What do you see?"

## ARTFUL MAKING

4th Wednesday from 1:30 to 2:30 p.m.

KSU Classroom at Meadowlark

Are you **not** an artist or maybe you "used to" do art? Or maybe you create every day and are looking for new techniques to try. This hands-on opportunity is for all experience levels. In collaboration with the Beach Museum of Art, participants explore different mediums of creating art in a low-stakes atmosphere that focuses on the process, not the product. All materials are provided.

# MEMORY CAREGIVER GROUPS

These dynamic groups are a safe space for care partners to share experiences, learn from each other, and problem solve the every day realities of caring for a loved one with dementia. Choose from three different area locations to participate.



Monday at 9:30 a.m.

St. Thomas More Church  
2900 Kimball Avenue, Manhattan

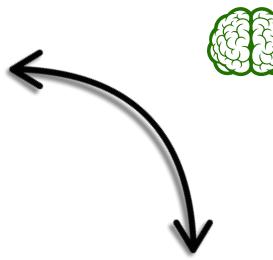


Wednesday at 10 a.m.

Flint Hills Room at Meadowlark

3rd Thursday at 10 a.m.

Wamego Public Library  
431 Lincoln Avenue, Wamego



These two groups meet at the same time, so both the person with cognitive change and the caregiver can engage in meaningful experiences.

# MEMORY CAFE

This opportunity features story sharing, reminiscing, and social engagement.



Monday at 9:30 a.m.

St. Thomas More Church  
2900 Kimball Avenue, Manhattan



Wednesday at 10 a.m.

KSU Classroom at Meadowlark

# PERSONAL CONSULTATIONS

Meet with our program staff for an opportunity to share your journey with cognitive changes. Staff will assist you in identifying ideas and opportunities for education, exercise, engagement, and support. Consultations are encouraged for newly diagnosed, those with significant changes, or to simply check in. Please call (785) 323-3899 to schedule your **free** consultation.

FOR MORE INFORMATION OR TO SCHEDULE A FREE CONSULTATION, PLEASE CONTACT

Michelle Haub, MS, CCC-SLP  
Memory Program Leader  
[mhaub@meadowlark.org](mailto:mhaub@meadowlark.org)

Katie Sigman  
Memory Program Coordinator  
[ksigman@meadowlark.org](mailto:ksigman@meadowlark.org)

(785) 323-3899  
2121 Meadowlark Road, Manhattan, Kan.  
[www.meadowlark.org/community-programs](http://www.meadowlark.org/community-programs)