

# 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](http://www.fortwayneparks.org).

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

## Social

### Monday Luncheons

Join us for these special Monday luncheons at the Community Center. We encourage you to come early and enjoy our Relaxation Station at 10:00 a.m.. Lunch fees are \$5 with paid reservations required by the previous Wednesday at 4:00 p.m. Ages 50+. Note: Our June Luncheon is a week earlier because we will be closed on June 19 in observance of Juneteenth.

**Monday, June 12, 12:00 p.m.**  
**"Join the Club"**

Supporting Sponsor:  
 Scheerer McCulloch Senior Relocations

**Monday, July 17, 12:00 p.m.**  
**"Carhop-Burger Bop"**

Sponsor: The Waters Fort Wayne

**Monday, August 21, 12:00 p.m.**  
**"Dog Days of Summer"**

Supporting Sponsor:  
 Bethlehem Woods Nursing & 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. Call 427-6460 by the Monday prior to each movie to reserve your seat. Tuesday movies are sponsored by Miller's Merry Manor and American Senior Communities.  
 June 6..... Mack & Rita  
 June 20..... True Spirit  
 July 18..... Your Place or Mine  
 August 1..... Lee Daniel's The Butler  
 August 15..... Home Team

### BINGO

**2<sup>nd</sup> and 4<sup>th</sup> Friday, 1:00 p.m.**  
**May 26; June 9, 23; July 14, 28; Aug 11, 25**  
**Community Center, 233 W. Main St.**

Join us for BINGO fun! Prizes include snacks, canned goods and miscellaneous household items. Fee: 3 cards/\$1



### General Public Tours

**Saturdays & Sundays, May 27 - Oct 8**

1:00 pm	90 min	\$30
2:45 pm	45 min	\$20
3:45 pm	90 min	\$30
5:30 pm	45 min	\$20

**Thursdays, June 1 - August 31**

6:00 pm	60 min	\$23
7:15 pm	60 min	\$23

## Health & Fitness

### 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: \$2/class.

### Indoor Circuit Training

**Mondays & Fridays, June 5-August 28**  
**10:00-10:45 a.m.**  
**Community Center, 233 W. Main St.**

The Community Center has a 10-station Life Fitness Circuit Series located on the second floor. You are welcome to use the equipment on your own any time Monday-Friday, 8:00 a.m.-4:30 p.m. Drop-in fee: \$2

### Joint Screening & Fall Risk Assessment

**Thursdays, July 13 & August 10**  
**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 3rd 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.



### 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. 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
Tues	6/13, 8/1	9-11:15 am

Location: Community Center, 233 W. Main St.

# Seminars

## Managing Money: A Caregiver's Guide to Finance

Monday, August 21, 3:30-5:00 p.m.  
Community Center, 233 W. Main St.

Managing Money: A Caregiver's Guide to Finances - Caregivers: How much do you know about managing money? This program by the Alzheimer's Association® will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support. This seminar is free, although you will need to call 427-6460 to register by August 14.

## Communication Strategies

Monday, July 17, 3:30-5:00 p.m.  
Community Center, 233 W. Main St.

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The seminar is free. Call 427-6460 by July 10 to register.

# 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.

Dates	Day	Time
7/11	T	1:30 pm

# Sessions/Fee: 1/\$25

Location: Community Center, 233 W. Main St.

## Relaxation Station: Adult Coloring

3rd Mondays, 10:00-11:00 a.m.  
May 15, June 12, July 17, August 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: \$2 (Monthly luncheons are on the same day, so plan to stay for lunch!)

## Sunday Heritage Concert Series

Every 2<sup>nd</sup> Sunday, 2:00-3:00 p.m.

June 11, July 19, August 13

Promenade Park, 202 W. Superior St.

Join us for an up close and personal experience with local musicians and musical groups performing in the Park Foundation Pavilion on the 2<sup>nd</sup> Sunday of every month. Concerts are free and open to all ages.

# Watch for This!

## Sensory Clubhouse

AT THE COMMUNITY CENTER

A sensory room is a therapeutic room that integrates sound, colors, tactile objects, and sometimes even olfactory stimuli. Sensory rooms are designed to create a safe, relaxing space or an educational environment. They can be used for relaxation or for motor and cognitive development. They are most helpful for persons with sensory processing disorders such as autism and dementia.



### Opens June 12

in the Community Center, 233 W. Main St.

### Hours

M-Th 9:00 a.m.-6:00 p.m.

Fri 9:00 a.m.-4:00 p.m.

Time may be reserved in 1/2 -hour increments and must be scheduled at least 24 hours in advance by calling 427-6460. Drop in fee: \$2

**FREE SEMINAR: What To Do After the Diagnosis**

Monday, May 15, 5 pm

Presenter: Cecelia Porter, Community Resource Coordinator at Easterseals Arc of Northeast Indiana

Call 427-6460 to sign up.



FORT WAYNE  
PARKS AND  
RECREATION

Find us on 

Fort Wayne Parks and  
Recreation Community Center

**Community Center**

233 W. Main St., Fort Wayne, IN 46802

[www.fortwayneparks.org](http://www.fortwayneparks.org)

(260)427-6460



Live Butterfly Exhibit

April 25-June 25

Botanical Conservatory

1100 S. Calhoun St.

## AN HERBAN GARDEN



July 1-November 12

Botanical Conservatory

1100 S. Calhoun St