



## **Monday: Morning Programming**

Location: Bethel Church Fargo (2702 30th Ave. S., Fargo, ND)

Monday morning programming focuses on exercise, support, and meaningful activities for individuals living with memory loss and their care partners.

9:00 -9:30 AM – Large Group Exercises

- **“Movement & Motivation”**

- Join Coach Jake (Crossfit Fargo) for large group exercises. There are many benefits to moving our bodies for our overall health and well-being.
- This is for individuals living with memory loss and their care partners. All abilities welcome, chairs are provided.

9:30 – 11:00 AM – Coffee & Conversations Small Groups:

- **Care Partner Support Groups**

- Our Care Partner Support Groups are for anyone caring for someone living with dementia or other memory related health issues. During this group, attendees will have the opportunity to meet to share their concerns and ideas, talk about their fears and frustrations, and develop deeply supportive friendships.
- Men Care Partner Support Group
  - **Facilitators:** Kim Kaul and Gary Evandson (volunteers)
- Women Care Partner Support Group
  - **Facilitators:** Teryl Clausen (volunteer)
- *\*During care partner support groups, there are groups for individuals living with memory loss to be engaged in Montessori based activities with trained Memory Cafe volunteers*

- **“The Gathering” – Individuals Living With Early-Stage Memory Loss**

- The Gathering is a group for individuals living with early-stage dementia, MCI (Mild Cognitive Impairment) or changes to cognition due to other medical conditions.
- Group members will receive a book titled “Pathways to Well Being with Dementia”. Group facilitators will lead discussions on various topics relating to living well with early-stage memory loss. Members will have the opportunity to meet others experiencing early-stage changes to their cognition and have book topic discussions.
- **Facilitators:** Deb Kaul (Staff) and Becky S. (Volunteer)

- **Montessori Facilitated Groups for Persons Living with Memory Loss**

- While care partners attend their support groups, trained volunteers will engage individuals living with memory loss in Montessori based activities. Montessori activities are designed to focus on an individual’s abilities rather than their limitations and can provide a sense of purpose, promote social interactions and encourage creativity.
- **Facilitators:** Memory Cafe volunteers



## Monday: Afternoon Programming

Location: Bethel Church Fargo (2702 30th Ave. S., Fargo, ND)

- **All** Monday afternoon programming is for individuals living with memory loss and their care partners. Once a month we offer music therapy, an educational session, creative therapies and Dine and Dance (hosted at the American Legion in Moorhead the 4th Monday of the month) Programming begins at 1:00 PM, unless otherwise listed.

### 4th Monday of the month

- **Dine and Dance:** 11:30-1:00

Location: Moorhead American Legion (303 30th St. N., Moorhead, MN)

Once a month we sponsor a live music event at the Moorhead American Legion as a way to socialize, connect and enjoy live music. Dancers and non-dancers are welcome!

- Lunch is available for purchase

### 4th Monday of each month

- **Young-Onset Support Group: 6:00-7:30 PM**

Location: West Fargo Rustad Center (601 26th Ave E, West Fargo, ND)

For couples and singles 30-65 years of age who are living with Young-Onset dementia. Living with dementia at any age is challenging but it is especially difficult when it strikes a young person. These individuals may still have children living at home who need care and transportation to their various school-related activities and these families must often also deal with the loss of income that is needed to pay the family's bills. The concerns and lifestyle changes of living with Young-Onset dementia are different from those diagnosed at a later stage of life. For this reason, Memory Café of the Red River Valley offers a small group get-together where those living with Young-Onset dementia can speak freely about their struggles, grief, and confusion as well as share resources and ideas that they have found helpful. Often exercise is offered for those affected with memory loss while providing education for their care partners. Light meal offered.

**Facilitators:** Maggie Ness & Abby Husar (Memory Cafe Staff)



## Wednesday Programming

- All Wednesday programs 1:00PM-2:30PM

Wednesday programming (first three Wednesdays of the month) is intended for individuals living with memory loss and their Care Partners to attend together. We offer monthly music, education, and creative arts.

### Location:

- Hope Lutheran Church – 3636 25th St. S, Fargo
- Hjemkomst Center – 202 1st Ave N, Moorhead

## 4th Wednesday of the month

On the 4th Wednesday of each month we offer two different support groups for Care Partners only. These are located at our Linger Laugh and Learn Center.

- **Moving Ahead: Life After Losing a Partner to Dementia**: 9:30-11:00 AM

**Location:** Linger Laugh and Learn Center

(1122 1st Ave N, Fargo. Use the west entrance on 12th St N)

This group is specifically for care partners who have lost a partner to a diagnosis of dementia or another type of memory loss.

**Facilitator:** Kriston Wenzel, LBSW (Volunteer)

- **Caregiver Cafe**: 1:00-2:30 PM

**Location:** Linger Laugh and Learn Center

(1122 1st Ave N, Fargo. Use the west entrance on 12th St N)

This group is for anyone caring for someone living with dementia or other memory related health issues. During this group, attendees will have the opportunity to meet to share their concerns and ideas, talk about their fears and frustrations, and develop deeply supportive friendships.

**Facilitator:** Kriston Wenzel, LBSW (Volunteer)