ACT CLASS
2nd Friday each month
10:30 am - 12:00 pm

The YMCA is working in collaboration with Marshall’s ACT on Alzheimer’s ACTion team to create a Caregiver-Friendly environment. ACT (Alzheimer’s Community Team) meets at the YMCA for a unique class experience led by Ruthe Thompson. This program is open to Parkinson, MS, & Dementia patients and their caregivers, and is funded by a Grant from the State of Minnesota. The first hour is devoted to fitness, and is for both the patient and their provider. The second hour the caregiver may use our facility as a "break" while your loved one participates in structured social time.

Upcoming Class Dates & Projects:
February 12
Mobile Hearts

March 11
Decoupage Bowls

April 8
Words! Autobiography, poetry and board games

May 13
Button flowerpots

June 10
Flower and herb pots

July 8
Japanese fans

For more information contact:
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