A.C.T.
2nd Friday each month—begins 8/14/15
10:15 am – 12:15 pm

The YMCA is working in Collaboration with ACT on Alzheimer’s of Marshall to create a Dementia-Friendly environment at our YMCA. A.C.T. (Alzheimer’s Community Team) will meet at the YMCA for a unique class experience led by Ruthe Thompson. This program is open to people with dementia 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 person with dementia and their caregiver. The second hour the caregiver may use our facility as a “break” and the person with dementia will be participating in a structured social time.

Class Schedule:
10:15–10:35 Yoga–Aerobics Studio
10:35–10:45 Break
10:45–11:05 Fitness activity–Aerobics Studio
11:05–11:15 Break/Transition to the Meeting Room
11:15–12:15 Crafts–Singing–Structured social time
   (Respite time for Caregiver if they choose)

For more information contact:
Jess Dahms, Fitness Coordinator           Jamie Lanners
fitness@marshallareaymca.org              Jamie@boulder-creek.org