Movement Music & Memories

Multi-Sensory Movement to Music

for People living with dementia

Movement Music & Memories is a one-hour program of engagement driven by the power of familiar music

Designed for small groups and offered in a circle format to create a "community" feel and encourage social connection. Cognitive stimulation through multi-sensory activities, singing, reminiscing & games sparks participation, creates opportunities for success, and fosters a renewed sense of self.

Carefully chosen, safe movements with various props improve the body-brain connection and enhance range of motion, flexibility, hand-eye coordination & circulation, all tailored to participants' abilities and musical preferences.

Always offered with a smile, empathy, and respect.

Guidelines taken from National Institutes of Aging, the American Senior Fitness Association & Institute for Music and Neurologic Function

Care Partners must attend each session ~ Refreshments and resources will be available

Join the Circle

Fridays @ 11:30

$20/session

Pre-Registration & Assessment Required

Location

United Church of Christ TR

1682 Ridgeway Ave (Rt 571)

Toms River

Call, text, or email me to schedule a **Free TRIAL!**

Francine Pannella, LPN CDP ~ Certified Senior Music & Fitness Specialist

732-801-8191 ~movemetmusicmemories@gmail.com

Visit my Website at www.MovementMusicMemories.com