

Dementia-Friendly Activities

Updated November 2025

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Activities that are specifically for persons with dementia, caregivers, or for both, are indicated as such. If this is not stated please use your judgement or make inquiries to determine if the event would be appropriate for your situation.

Adult Day & Respite Services

East Side Neighborhood Services

NE Day Spot

Respite In-Person - Weekly on Fridays, once a month on 4th Saturday | 10:00 AM-1:00 PM

Experiencing dementia doesn't have to mean a loss of connection – there is a place for you. NE Day Spot is a gathering place for those with mild to moderate memory loss or other chronic health conditions to be in community while caregivers have a reliable break each week. Enjoy gathering together with art, music, conversation, and movement alongside volunteers, participants, and Vital Living staff.

This event aims to be a safe space for persons 65+ receiving care from others, those living with memory loss or other chronic conditions.

Requirements: Pre-assessment necessary to determine eligibility.

Cost: Suggested donation based on sliding fee scale, \$0-\$45 per day. Space is limited.

Covid protocols include: Up-to-date vaccinations for staff and volunteers with social distancing for everyone, as appropriate. Masks are strongly encouraged but not required.

Interested in learning more? Contact Vital Living at 612-787-4086 or VitalLiving@esns.org for more information.

[East Side Neighborhood Services](#) - 1700 2nd St NE Minneapolis, MN 55413

NE Day Spot Friends Volunteers *Highly Needed!*

Volunteer Shifts Fridays and on the fourth Saturday from 9:30 AM-1:30 PM CT

NE Day Spot Friends play an important role during our dementia-friendly NE Day Spot Respite Program. On Fridays and on the fourth Saturday of the month from 9:30 AM-1:30 PM you will socialize with participants, provide support during activities, and help with set up and clean up. Join us and make a difference in the lives of local adults and caregivers- and have fun doing it! No hands-on care required.

Some of the perks of being a NE Day Spot Friend are:

- Laughing and smiling until your cheeks hurt while swapping jokes and stories in our coffee hour.
- Getting your body moving and grooving for the day with some group stretches.
- Enjoying and participating in musical activities led by talented musicians.

Help give individuals facing dementia a welcoming space they associate with friends and fun. You would also allow caregivers the priceless gift of time—moments to themselves in order to recharge, relax, or accomplish a task. A small window in their week where they can breathe and take a moment for themselves with the reassurance that the person they care for is safely enjoying themselves too. **Flexible scheduling!**

Questions about volunteering as a NE Day Spot Friend or additional Vital Living volunteer opportunities contact Caitlin at 612-787-4023. or cenright@esns.org.

[East Side Neighborhood Services](#) - 1700 2nd St NE Minneapolis, MN 55413

Ebenezer Adult Day Services

An affordable alternative for adults living at home who are not yet ready to move into an assisted living arrangement, Ebenezer Adult Day programs offer a welcome change of pace for both the caregiver and the client. Daily socializing can lead to a happier and more satisfying life. Exercise, snacks & meals, music, and special events are just some of the activities clients can enjoy. These activities challenge the mind and body, which may help ward off and slow the progress of memory loss.

[Ebenezer DayBreak St. Paul](#)
[Ebenezer Ridges Adult Day Center Burnsville](#)
[Martin Luther Adult Day Programs Bloomington](#)

Click [here](#) for more information about adult day service locations, programs, and pricing.

[Ebenezer Programs and Services](#)

Family Caregiver Connection - Anoka County

The Anoka County Family Caregiver Connection is a network of services for caregivers, family members, and those for whom they care, including out-of-home group respite, Powerful Tools for Caregivers educational sessions, a memory cafe, and in-person and virtual support groups.

[Click here](#) to find out more about their services.

Out-of-home Group Respite - The Gathering

1st, 2nd, 3rd and 4th Thursdays of every month beginning at 10:00 AM CT

Zion Lutheran Church, 1601 4th Avenue South, Anoka, MN 55303

The Gathering is a daytime, out-of-home group respite program for caregivers and care receivers. There are many benefits in group respite. Dedicated and trained volunteers, supervised by a social worker or nurse, operate the program.

- The Gathering is a safe, enjoyable place for seniors living with long-term illness to socialize. (All participants must have a needs assessment by the Family Caregiver Connection Coordinator prior to participating.)
- The Gathering gives caregivers the opportunity to have several hours respite.
- At The Gathering, members of Anoka County faith communities have the opportunity to share in the care of our community's seniors.

Participants can enjoy fellowship, lunch, and activities while caregivers enjoy support group meetings, education, and time away from caregiving. On the 1st and the 3rd Thursdays, The Gathering offers a support group for caregivers while also offering respite care to caregivers. Caregivers may attend support group meetings whether their loved ones participate in The Gathering or not. After the support group, lunch will be available for you and your loved one. Additional respite care is available for care recipients after lunch.

If you are interested in respite care, please contact Jill Thomas at 763-324-1608 to complete an assessment prior to participating in The Gathering.

FamilyMeans - Respite for Caregivers

How Does Respite Help?

- Gives caregivers some time to themselves, assured that the person they care for is comfortable and safe.
- Provides non-medical companionship, supervision and a friendly new face.
- Reduces the overall cost of care.
- Helps caregivers and care receivers enjoy connecting with others

In-Home Respite:

Regularly scheduled visits are provided at your home by volunteers who are screened, trained and carefully matched and monitored to meet your family's needs. It is typical for the volunteer to come weekly for a maximum of 4 hours respite. Lengths of respite visits will be determined by the caregiver and Caregiving & Aging Social Worker.

Group Respite:

Caregivers of older adults can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.

Night Out!

In-Person Night Out: Monthly on the fourth Tuesday from 5:30 - 7:30 PM.

FamilyMeans, 1875 Northwestern Ave S., Stillwater.

Participants will enjoy various activities and will be supervised by our volunteers and staff.

October 28, 2025 - Halloween

November 25, 2025 -Family Traditions

Forest Lake Respite Group

Every Tuesday | 12:00 - 4:00 PM CT

Forest Lake YMCA, 19845 Forest Road N, Forest Lake, MN

A weekly group for people who are living with early-stage dementia. Explore new places, engage with others, and connect to the community!

[Click here](#) to view a flier.

Please connect with FamilyMeans staff at 651-439-4840 or by using [this form](#) to tell us what respite services you are interested in learning more about.

Family Service Rochester

Caregiver Respite Services provide safety, companionship, supervision, and other non-medical services that allow the primary caregiver time away for other activities. Respite services are usually provided in the care receiver's home using a care plan specific to their needs. Caregiver Respite Services are available in Rice, Olmsted, and surrounding Counties. Funding for these services is provided in part by Southeast Minnesota Area Agency on Aging and the State of Minnesota. Fees are determined by household income and services requested.

For more information:

Kathy Voss, Certified Caregiving Consultant

Family Service Rochester

507-218-3275 or email kvoss@familyservicerochester.org

[Family Service Rochester](#)

Lyngblomsten Community Services

The Gathering

The Gathering is a group respite program that provides four hours of brain-stimulating activities and social engagement to adults experiencing early- to mid-stage memory loss, allowing their family members and/or friends to take a much-needed break from caregiving. The program is led by Lyngblomsten staff with support from a team of volunteers who are specially trained to understand the distinctive needs of people experiencing memory loss. Highlights of the program include:

- Sessions of The Gathering will be held from 10:00 AM to 2:00 PM CT weekly at sites in Lino Lakes and St. Paul.
- Participants attend the same session or sessions each week, forming cohorts. This allows them and their caregivers to develop relationships and a support network with others in their cohort. Beginning in 2025, participants can attend The Gathering up to three days per week.
- During a session of The Gathering, participants, volunteers & staff enjoy activities that stimulate the brain and promote community. Examples include music, games, exercise, discussion groups, art activities, guest speakers, and more!
- Caregivers have the opportunity to connect one-on-one with a Lyngblomsten Caregiver Specialist for resources and support and to participate in a weekly online Caregiver Connect Group.

For more information: Contact Lyngblomsten Community Services at 651-632-5320 or caregiving@lyngblomsten.org or follow this link: [The Gathering](#) or view the [flyer](#).

[Lyngblomsten Community Services](#)

Normandale Center for Healing & Wholeness

Monthly Educational Program and Support Group with Respite

2nd Saturday of every month

In-person at the Normandale Center for Healing and Wholeness

6100 Normandale Rd, 2nd floor, Edina, MN 55436.

Monthly educational program from 9:00 to 10:30 AM CT

Support groups meet 10:30 AM to 12:00 PM – Room 212 & Room 205

You can choose to attend one or both events.

Respite is available for your loved one from 9 AM - 12 PM - Advanced Registration for respite is required – [Click here](#) for more information about the Second Saturday Education series and to register for respite.

Saturday, November 8, 2025: Ambiguous and Secondary Losses in Caregiving

In this workshop, we will define and experientially name and explore the numerous ambiguous and secondary losses that present during the caregiving experience.

Presented by Nancy Loyd, MA, the Grief Support Manager at Grace Hospice. Nancy has over 20 years of experience working with those facing serious illness, death, grief and loss in both parish and healthcare settings.

[Normandale Center for Healing and Wholeness](#)

Open Circle Adult Day Services - Apple Valley

Apple Valley Village Senior Community Living, 14610 Garrett Ave, Apple Valley, MN 55124

The Open Circle Adult Day Service in Apple Valley is the first Teepa Snow's Positive Approach to Care Designated Organization in Minnesota. Open Circle provides meaningful learning, good conversations, and engaging activities while developing strong friendships. Open Circle is ideal for adults of all ages who could benefit from daytime social interaction, health and personal care and/or cognitive support. New friendships are made, nutritious food is served and activities and experiences are purposeful to help members celebrate life as they live it to the fullest. Regularly scheduled communications with caregivers can assist with stress relief and peace of mind. Several support groups are available for caregivers to provide education, resources and emotional support.

Call 952-236-2524 for more information.

[Open Circle Adult Day Services - Apple Valley](#)

St Anthony Park Area Seniors

Caregiver Respite

Caregivers in St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue can contact St. Anthony Park Area Seniors (651-642-9052) to be matched up with a volunteer who can provide short respite visits on a temporary or long-term basis. Respite visits are typically for a couple of hours so that the caregiver can take care of errands, go to a doctor's appointment, take a walk or just take a break.

[St Anthony Park Area Seniors](#)

Memory Cafes

Memory Cafe Directory

Find Minnesota Memory Cafes near you and enjoy a "dementia-friendly" outing with your loved one. Some are sponsored by national organizations, while many more are offered by local groups. If your favorite Memory Cafe isn't shown, please let us know and we'll add it. It's free!

[Memory Cafes](#) – in all states and around the world.

[Dementia Friendly America](#)

Arthur's Memory Café

2nd and 4th Wednesday each month | 1:00 PM Central via Zoom

This group is for people living with dementia and their care partners. It is a time to meet with peers and share all that is going on in their lives. The focus is not just on dementia. Like a group of friends, people share at their own comfort level. We do welcome caregivers and those living with dementia to come on their own as well.

We start at 1 PM CT and will go for an hour or two depending on the need of the group that attends. These will be Zoom meetings (video conferencing) but people can also attend by phone if they don't have a computer, iPad or smart phone with a camera and microphone.

Contact: Lori La Bey at 651-216-5413 or email Lori@AlzheimersSpeaks.com.

Carondelet Village Memory Café

Third Monday of each month in person 1:00 – 2:30 PM CT
525 Fairview Ave S, St. Paul, MN, 55116

The Carondelet Village Memory Cafe provides an opportunity for people with early-stage dementia, families, and caregivers to meet and socialize in a safe space, ask questions of professionals, have fun, and learn from each other. For more information and to confirm dates and times, please call Carondelet Village at 651-695-5000.

Family Caregiver Connection – Anoka County - Memory Café

Meets 1st and 3rd Wednesdays, 10:00 AM – 12:00 PM CT
Faith Lutheran Church, 11115 Hanson Blvd NW, Coon Rapids, MN 55433

A Socialization and Networking Program for Care Partners

- Memory Café is a program for individuals with early to moderate memory loss and their care partners.
- Engaging environment where people with memory loss and their care partners can laugh, learn, and remain socially connected with others sharing the same experiences.

For more information, contact Family Caregiver Connection at 763-324-1608 or email caregivers@co.anoka.mn.us

FamilyMeans Memory Cafés

Three locations offer FamilyMeans Memory Cafes, welcoming places where those with memory loss and their caregivers can come together each month:

- Second Tuesday, 1-2:30 p.m.: R. H. Stafford Library, 8595 Central Park Place, Woodbury.
- Second Thursday, 9-10:15 a.m.: Lake Elmo Inn, 3442 Lake Elmo Av., Lake Elmo.
- Third Wednesday, 11:00-Noon: Blue Heron Grill, 14725 Victor Hugo Blvd., Hugo.

Sign up by email: familymeans@familymeans.org or call 651-439-4840.

For more information: [FamilyMeans Support Groups](#)

Sponsored by [FamilyMeans](#)

JFCS Memory Café

JFCS Memory Café is a gathering for people with memory loss and their caregivers. Café members meet twice per month in the Community Room at the JFCS office 5905 Golden Valley Rd, Golden Valley, MN 55422 for activities and conversations in a comfortable, supportive environment. Café is open to people from the Jewish and broader community. Facilitated by JFCS Senior Services staff and volunteers. The program is free to attend but registration is required. For program dates and to register please contact Lindsay Kant at 952-417-2116 or lkant@jfcsmpls.org.

[Click here](#) for a flier about the Memory Cafe. There are current openings available.
[Jewish Family and Children's Service of Minneapolis](#)

HealthPartners Neuroscience Center's virtual Memory Café

A facilitated social interaction for patients with mild cognitive impairment and their caregiver given on the 4th Monday of the month from 11:00 am until noon CT. Email memoryloss@healthpartners.com or call 651-495-6355 for a link to the Memory Café. This group is available to HealthPartners members only.

North East Seniors for Better Living - Memory Café

1st, 3rd, and 4th Thursday of every month from 11:00 am - 2:00 pm
 1831 Minnehaha Avenue East, Saint Paul, MN 55119

North East Seniors for Better Living is hosting a Memory Café for seniors with Alzheimer's disease and dementia. The program is free-of-charge for seniors and their caregivers, 65 and over, living in Saint Paul and its surrounding communities. It gives seniors a fun place to share and enjoy with their peers as well as a respite for caregivers. We need caregivers to stay on premises for seniors who need emotional support or hygiene assistance, but they will be given a space apart where they can rest, take care of personal issues, and enjoy a peaceful lunch.

Program Includes:

- A hearty and nutritious meal for seniors and their caregivers
- Games
- Puzzles
- Music
- Socialization
- A place to rest for caregivers

Please feel free to RSVP to make sure we have enough lunch for everyone. If you have any questions about our Memory Café program, please call Rob at 651-808-1901 or email us at neseniorsforbetterliving@gmail.com

[North East Seniors for Better Living](#)

Senior Community Services

Services are provided by our experienced team of professional social workers and available to those caring for an older adult or someone with a cognitive diagnosis.

[Click here](#) for a list of support groups and Memory Cafes.
Call 612-770-7005 with questions or to register.

[Senior Community Services](#)

Organized Activities

DAA Online Programs for People Living with Dementia

Monday - Friday

Dementia Action Alliance offers a live online engagement program for people living with dementia. There are a variety of programs, including Music Beat & Trivia, Literature and Art, and Stories in the Moment to name some. This program is a great way to connect with others and have fun doing interesting and engaging activities.

[Click here](#) for the Program Calendar. Click on the event for more information.
To register and participate in any of the programs, please email DAA at virtualprograms@daanow.org.

[Dementia Action Alliance](#)

Struthers CREATE Connection Live

Every Wednesday afternoon 1:00 - 4:00 PM
6701 Country Club Dr, Golden Valley, MN 55427

In-person sessions offered at Struthers Parkinson's Center on Wednesday afternoons 1:00 - 4:00 PM every week; this may be a good option for care partner respite. Sessions

include exercise, music therapy, discussion, nature and other arts & wellness programming. Staff will be present to provide verbal assistance and medication reminders but are unable to provide hands-on physical assist.

For more information and to register, contact Emily, LICSW 951-993-2246.
Cost for each session is \$50.00.

[Struthers Parkinson's Center](#)

Virtual CREATE sessions

Thursday mornings | 10:00 - 11:30 AM CT

Free online program offering activities such as brain boosters, seated exercises, music therapy, supportive discussions, art & nature lessons, etc. Occurs every Thursday morning 10:00 - 11:30 AM. These online sessions invite participation from those who live a distance from the Struthers Parkinson's Center or who may have difficulty with mobility/transportation.

Contact Emily, LICSW 951-993-2246 for information.

[Struthers Parkinson's Center](#)

Folk Art Reflections Program

Elizabeth Gronke, ATR-BC, conducts monthly live Zoom sessions at the American Folk Art Museum. Elizabeth is an Art Therapist who has been leading the American Folk Art Museum's dementia-friendly Folk Art Reflections programming for over five years.

For more information and to register, email egronke@folkartmuseum.org. You'll receive the zoom link on the day before the event.

If you are not able to attend one of these live zoom sessions, you can view "Folk Art Reflections: Video Visits" on your own time. These videos are roughly 15 minutes long and feature a few artworks and a suggestion for an activity to do at home.

[Click here](#) for the playlist.

[American Folk Art Museum - Folk Art Reflections Program](#)

Kairos Alive!

Fun, Connection and Health with Music, Dance, Story and Research Learning
Thursdays | 10:30-11:15 AM CT

Kairos Alive! is for all ages and abilities; no previous experience necessary. It taps the creativity in everyone and makes creative connections between isolated people, and improves physical, intellectual, emotional and social health through dance, music, story, theater, and the latest arts and health research learning. It promotes trust, connection, joy, health and intercultural celebration, and features guest musicians, dancers and storytellers. It's a great place to meet your family and friends, and make new friends.

[Click here](#) for more information about local Kairos Alive events, in-person and online.

Lyngblomsten Presents: Koa String Quartet

Monday, October 27, 2025 | 2:00 – 3:00 PM CDT

Newman-Benson Chapel at Lyngblomsten, 1415 Almond Avenue, St. Paul 55108

The Koa tree, found in the Hawaiian Islands, is known for its wood that has come to symbolize strength and courage. By taking the name, the Koa String Quartet strives to reflect these

characteristics by leaning on their roots, sharing their native Hawaiian music, and incorporating new music into their engaging presentations. Join us for a musical presentation that will take you on a journey of music from various eras and locations.

Free; No registration required.

For more information, contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459 or hnelson@lyngblomsten.org

Senior Strolls & Sunset Senior Strolls at Como Park

Select Tuesdays Through December, 2025

Como Conservatory, 1225 Estabrook Dr, St. Paul, MN

Next events:

Tuesday, October 28, 2025 – Morning 9:00–10:00 AM

Tuesday, November 4, 2025 – Evening 4:30–6:00 PM

Tuesday, November 18, 2025 – Morning 9:00–10:00 AM

Tuesday, December 2, 2025 – Evening 4:30–6:00 PM

Tuesday, December 16, 2025 – Morning 9:00–10:00 AM

Senior Strolls and Sunset Senior Strolls are special times set aside just for those 55-and-better. This is an opportunity to visit the Conservatory for a leisurely walk before or after our busy normal business hours, as well as special activities and guests.

This event is a great opportunity for Seniors to enjoy a less crowded experience that encourages being active and social with some adult learning to spice it up.

[Click here](#) to learn more.

Let's Get Away Together

This series consists of interactive online sessions with each week focusing on a new place or cultural activity, while incorporating storytelling, music, poetry writing, and/or a simple craft. Each session will include a follow-up message filled with tips, activities, and recipes for families to continue to enjoy after the virtual trip.

The focus of each session is to explore a new world, experience a variety of engaging opportunities, and enjoy a sense of camaraderie and community. Let's Get Away Together is intended to be an enjoyable activity for both family caregivers and the person they are supporting. Those who are able to participate in the discussion and activities are encouraged to attend with their family caregiver.

Upcoming November/December 2025 Events:

Online sessions take place on Tuesday from 3:00 – 4:00 PM CST

- October 28 - Let's Celebrate the World Series and America's Game!
- November 4 - Encore - Let's Spend Another Day at the Louvre in Paris, France!
- November 11 - Let's Experience and Learn More About the Music of the Military!
- November 18 - Let's Explore the Rugged Coastlines, Alpine Meadows, and Rainforests of Olympic National Park!
- November 25 - Encore - Let's Travel the Globe to Move Through More Lighthouses!
- December 2 - Let's Discover and Celebrate Some Lesser Known December Holidays and Observances!
- December 9 - (In honor of National Crossword Day) Let's Celebrate the People Who are Cruciverbalists!
- December 16 - Let's Travel Around the World to Enjoy the Spectacular Decorations for the Holiday Season!

[Click here](#) for information about upcoming sessions and registration information.
(Note that registration may state the event time in Pacific Time.)

[Family Caregiver Alliance](#)

Vital Living Book Club

Every 2nd Saturday of the month | 9:00-10:00 AM CT via Zoom

Next meeting is November 8, 2025.

Enjoy reading and looking for a friendly group to be a part of? Bring your coffee and join our discussion each month of engaging and enlightening books about aging and what it means to live a vital life today. We will reframe the idea of aging as opportunity -- the opportunity to reach out to other generations, share wisdom, and learn new ways of living in the world. Haven't read the book? Still come and meet us. New to Zoom? We can help you get connected.

Upcoming meetings:

November 8, 2025: **The Maid** by Nita Prose

December 13, 2025: **Love Story of Missy Carmichael** by Beth Morrey

[Click here](#) to register for the Zoom meeting.

Questions? Contact 612-787-4086 or email VitalLiving@esns.org

[East Side Neighborhood Services](#)

Finding Peace in the Caregiving Journey

November 8, 2025 | 10:00 - 11:30 AM CST

Lyngblomsten - Lino Lakes, 6070 Blanchard Blvd., Lino Lakes, MN 55014

In honor of National Family Caregivers Month this November, Lyngblomsten Community Services invites you to meet Minnesota author and family caregiver Linda Knebel Pruden. Join Linda and the Community Services team and experience how her words help caregivers unbury their own truths and find beauty in painful times. Linda's recently released book, *From Fear to Peace*, shares her journey and explores the struggles, triumphs, and profound impact of love and faith in the face of adversity. Light refreshments will be served. Following her presentation, Linda will be available to answer questions and sign copies of her book. The first 25 participants will receive a complimentary copy of Linda's book!

Limited onsite respite care will be available, but advance registration is required for respite care.

[Click here](#) for more information and to register.

[Lyngblomsten Community Services](#)

Sensory Friendly Sundays at the Walker Art Center

2nd Sundays | 8:00 -11:00 AM CT

Next event: Sunday, November 9, 2025

725 Vineland Pl, Minneapolis, MN 55403

Sensory Friendly Sunday is a monthly event designed for individuals of all ages with sensory processing differences, including dementia and related diseases. Galleries will be closed to the general public, allowing visitors to enjoy the museum in a calm environment.

[Click here](#) for more information

[Walker Art Center](#)

Music for Wellness Class

Second Tuesday of every month | 11:00 AM - 12:00 Noon

Next event is Tuesday, November 11, 2025

Struthers Parkinson's Center, 6701 Country Club Dr, Golden Valley, MN 55427

In-person class for individuals with Parkinson's using music to strengthen physical, vocal, cognitive, and mental health. Care Partners are welcome.

Register by email stephanie.kimmes@parknicollet.com

[Struthers Parkinson's Center](#)

SPARK! Art and Nature for People Living with Memory Loss and Their Care Partners

Next sessions: November 13, December 11, 2025 | 10:00 -11:00 AM CT

Silverwood Park Visitor Center at Silverwood Park, 2500 County Rd E, St. Anthony.

Each month features a nature topic discussion related to the current season or the gallery show on display, and also involves making art together. This free monthly program is for persons with memory loss accompanied by their care partner.

The program is mostly outdoors, weather permitting.

Please register by emailing Seth Eberle: seth.eberle@threeriversparks.org. You can also call 763-559-6700 during daytime hours during the week or 9-1 on weekends.

This is the main registration phone number for all Three Rivers Park District events, so please mention the name of the program - Art & Nature for People Living with Memory Loss - and the location - Silverwood Park.

A [Spark!](#) sponsored event: Cultural programs for people with memory loss and their care partners.

Handiwork Group

Second Thursday of the month, 10:00 AM – Noon CT

Next meeting: Thursday, November 13, 2025

Saint Anthony Park Library, 2245 Como Ave., St Paul, MN 55108

A time to knit, crochet, embroider, etc. while socializing. Persons living with MCI or early-stage dementia are welcome to attend. They should be accompanied by their care partner so if it is too stressful, they can be taken to a more comfortable location.

Questions? Call Karen at 651-434-4603 or email krnglgrbg@gmail.com

[St Anthony Park Area Seniors](#)

Free Wellness Screenings for people 65 Years+

Tuesday, November 18, 2025

45-minute appointments between 9:30 am and 2:00 pm.

Anpétu Téča Community Center
1910 County B Rd W, Roseville, MN 55113

In your 45 minute to 1-hour wellness screening appointment you will have a thoughtful discussion about your wellness, what brings you joy, and what is next in your wellness journey. Nursing students from the University of Minnesota are key members of the screening team. This is not meant to replace a doctor's visit.

Some of the things that your wellness screening could include are:

- Have the opportunity to learn about your body composition metrics,
- Screen for cognitive changes, risk factors for dementia, and depression on your terms.
- Set Individualized Goals - develop a Whole-Person Wellness Plan
- Speak to a Registered Nurse about your overall wellness & barriers you face.
- Get connected to resources in your community that can support your wellness goals

[Click here](#) to sign-up for your appointment.

Questions can be directed to 651-204-0904 or erin@fcnntc.org.

Faith Community Nurse Network of the Greater Twin Cities

The [Faith Community Nurse Network](#) in collaboration with the Roseville Alzheimer's & Dementia Community Action Team

Memory Care Mass

What is a Memory Care Mass?

- Designed to fit the needs of those living with dementia
- Shorter in length – approximately 30 minutes
- Held in a chapel, a smaller and more comfortable environment
- Hospitality following Mass allows for important social time

Everyone is welcome. Hospitality will follow the Mass with community resource information available. [Click here](#) to view a flier!

Catholic Community of St Odilia

3495 Victoria St N, Shoreview, MN 55126

Thursday, November 20, 2025 – at 1:30 PM

For more Information call Jim Saumweber at 651-484-6681.

[St Odilia Dementia-Friendly Parish](#)

St Mary of the Lake

4741 Bald Eagle Avenue, White Bear Lake, MN 55110

Thursday, December 11, 2025 - at 1:30 PM

For more Information call Kathleen Finn at 651-429-7771, option 1 or email kfinn@stmarys-wbl.org.

Homemade Cookies and Heartfelt Connections 2025

Wednesday, December 3, 2025 | 10:00 - 11:30 AM CST

Normandale Hylands United Methodist Church – in person event

9920 Normandale Boulevard, Bloomington, MN 55437

You're Invited for an inspiring morning of meaningful conversations and homemade cookies with the team at START Senior Solutions, a local nonprofit transforming the lives of older adults and caregivers in crisis.

Meet the team changing lives for older adults and caregivers. Meet clients, nurses, advocates and educators. Hear impactful stories from caregivers and seniors. Learn from all perspectives about the essential work START does. You will be astonished to learn about the life-changing support START provides seniors and caregivers, whether it's navigating healthcare, providing compassionate advocacy, or being a trusted resource when it's needed most. START's services are always free of charge!

Come for the cookies. Stay for the inspiration and connections.

[Click here](#) to register.

[START Senior Solutions](#)

6995 Mariann Drive, Eden Prairie, MN 55346 952-215-7052

Arts Cafe'

Next event: December 4, 2025 | 1:00 - 3:00 PM
6701 Country Club Dr, Golden Valley, MN 55427

Social gathering to foster creativity, explore new ideas, and offer opportunities for learning held quarterly in-person at the Struthers Parkinson's Center. Artist presentation from 1:00 - 2:00 PM, refreshments and socializing from 2:00 - 3:00 PM.

Free event open to all, any attendee requiring physical assistance or supervision while on site must be accompanied by a companion.

[Struthers Parkinson's Center](#)

Connections at the CAT

Cafesjian Art Trust Museum
4600 Churchill St, Shoreview, MN 55126

Join us for **Connections at the CAT**, a program specifically designed for people with dementia and their care partners! Participants will enjoy a relaxed, conversational tour of the museum's exhibition in a safe and engaging environment. Programs take place on select Tuesday afternoons from 2:00 – 3:30.

Upcoming dates:

Tuesday, December 9, 2025 | 2:00—3:30pm

Tuesday, January 27, 2026 | 2:00—3:30pm

The same program will be offered on December 9 and January 27; registrants should select their preferred date.

[Click here](#) to register.

You can also contact Laura Steefel-Moore for more information and to register.

Email: laura@catmuseumllc.com Phone: 612-359-8991 extension# 133

The CAT Museum also offers special tours for groups of memory care residents from assisted living homes. There is a group minimum of 6 people, and a maximum number of 16.

[Click here](#) for more information about special programs at the CAT and accessibility services.

[Cafesjian Art Trust Museum](#)

Giving Voice Chorus

If you are looking for ways to live well with Alzheimer's or another form of dementia - come join us! Giving Voice choruses are made up of people living with Alzheimer's or another dementia, support partners, and volunteers. No auditions and no prior singing experience needed!

[Click here](#) for more information about the various choruses.

If you are interested in volunteering with Giving Voice - please email info@givingvoicechorus.org or call 612-440-9660.

Hmong Folk Choir

The Hmong Folk Choir is geared towards Hmong elders/seniors who have signs & symptoms of dementia. Caregivers are also welcome to join, as it may help choir members feel more comfortable.

For more information about joining future seasons or about upcoming concerts, please contact Nancy Lor - email: Nancy.lor@capiusa.org or phone: 612-756-8958.

Rehearsals are held Thursdays from 12:00 – 2:00 PM at CAPI USA at our Brooklyn Center location, 5930 Brooklyn Boulevard, Brooklyn Center, MN 55429. Rehearsals are for ten-week sessions with performances taking place every two months or so. after which new members are recruited – old members are welcome to continue.

Transportation is provided to residents of Hennepin and Ramsey County but residents of other counties are welcome to join. There is a quick intake registration process prior to joining in order to get some general information about new members.

[CAPI USA](#)

Virtual Voice Classes offered by Struthers Parkinson's Center (SPC)

SPC Virtual Choir: First & third Tuesday of every month. For those who would like to make music while exercising your voice, respiratory strength, and mind! Choir is led by SPC music therapist.

To join in on the fun, email Stephanie Kimmes at stephanie.kimmes@parknicollet.com to register. The cost is free.

Speech Boosters: Second and fourth Tuesday of every month. Open to all individuals with Parkinson's Disease who want to focus on maintaining speech and voice skills.

Taught by our Struthers Speech Language Pathologists. Incorporates use of good breath support and a strong voice for speech and word finding exercises with a light cognitive load.

Email melissa.pellman@parknicollet.com to register. Cost is free.

[Struthers Parkinson's Center](#)

Sip and Dish

Third Thursday of every month at 2:00 PM CT

Fireside Room at Como Park Lutheran Church, 1376 Hoyt Ave. W., St Paul, MN 55108

A lively get-together with other seniors in the Como/Falcon Heights neighborhood. Refreshments provided. Space is accessible with plenty of parking. For a ride, call (651) 642-1127 a week in advance.

Sponsored by the Como/Falcon Heights Block Nurse Program. Call 651-642-1127 for information.

Join us for our Virtual Lunch Bunch!

St. Anthony Park Area Senior staff facilitate an online one-hour gathering every other Wednesday (with some exceptions due to holidays and staff availability) to provide a space for conversation and social connection. Each gathering provides participants the opportunity to share joys and concerns, play BINGO and watch a short video highlighting something relevant to the day or month. This gathering is offered at no charge and is available to everyone regardless of age or residency. Donations are requested, but not required. Participants can Zoom in on regular telephones or on devices that connect to the internet. Lunch Bunches are scheduled every two weeks.

Check our [website](#) for the next one! Seniors outside of our regular service area are welcome to join in too! Call St Anthony Park Area Seniors at 651-642-9052 to find out how to join in.

Let's Do Lunch Café

Let's Do Lunch Café brings together older Twin Cities LGBTQ+ community members for lunch and connection "on the house." These gatherings offer an excellent opportunity for social interactions and educational programs, all in a warm and welcoming environment. Have questions? Reach out to Jethra Kapp at jkapp@friendsco.org

When:

Every second Tuesday of the month and every fourth Friday of the month from 11:30 a.m. to 1:30 p.m.

Location: In order to create safe spaces for our LGBTQ+ community, Friends & Co. does not post the venues for any of these events on our website. They encourage people to visit their website and sign up to receive specific details.

[Friends & Co](#)

Let's Do Coffee

Let's Do Coffee brings together older LGBTQ+ community members for coffee, snacks, and social connection "on the house."

Friends & Co is thrilled to partner with FamilyMeans to expand the Let's Do Coffee program.

When:

Every third Wednesday of the month from 9:30 to 11:30 AM

Every second Wednesday of the month from 9:30 to 11:00 AM

Location: In order to create safe spaces for our LGBTQ+ community, Friends & Co. does not post the venues for any of these events on our website. They encourage people to visit their website and sign up to receive specific details.

[Friends & Co](#)

[FamilyMeans](#)

Ideas for Outings

Take a Staycation!

Learn about area day trips you can take with your person living with dementia.

Staycation write-ups have detailed information including:

- Brief description of destination
- Walking level (Easy, Medium, Hard)
- Wheelchair accessibility
- Food & drink availability
- Bathroom availability
- 3 sensory experience to try
- 5 questions to ask the person living with dementia during their experience

Cooperating sites - Make sure to check that sites are open!

- Wood Lake Nature Center
- Waldoch Farm
- The Raptor Center
- Sequest
- Norway House
- North Metro Television
- Mill City Museum
- Jacobson's Apple Orchard
- Como Zoo and Conservatory
- Minnesota's Largest Candy Store & Jim's Apple Farm
- University of Minnesota Bell Museum

Click [here](#) for more details about specific Staycations!

Staycations are a partnership of the Roseville Alzheimer's & Dementia Community Action Team and Reflections of Silvercrest.

Minnesota History Center

Take a self-guided Memory Walk through the exhibits. We've selected our "best bets" to visit for people living with dementia and provided conversation starters for each object. Download the [Memory Walk](#) (PDF) for details!

[Click here](#) for information about accessibility at the Minnesota History Center

[Minnesota History Center](#)

Activities at Home – On your own schedule

“Art Is...In”

A Professionally curated art-at-home experience for those with memory loss & their care partners. Home-delivered art kits by mail, all supplies included. Receive a new beautiful art kit package every week. No Zoom. No phone. No YouTube. Just YOU! A specialized program for those with memory loss, cognitive impairment, and all forms of dementia, along with their care partners.

What you need: A dedicated care partner willing and able to enjoy the weekly art projects from the comfort of home along with their person that has memory loss, cognitive impairment, or dementia.

[Click to Register](#)

Cost: Free - (Donations are welcome to support the artist and growth of this program.)

The University of Chicago Medicine - Center for Comprehensive Care and Research on Memory Disorders - Special Thanks to the [I'm Still Here Foundation](#)

Memory Minders Kits from Ramsey County Library - Free three-week checkout

Memory Minders Kits are special kits for caregivers who are caring for people experiencing memory loss. They are available at the Ramsey County Library locations in Roseville and Shoreview. The kits contain materials used to spark memories, create conversations and provide positive and engaging interactions between clients and their caregivers. Kits are divided into high, middle and low activity levels.

Each kit is unique and features a variety of items such as:

- An interactive activity for those with memory loss (puzzle, bingo, games or conversation cards).
- A book with color illustrations created for individuals with memory loss.
- A CD with music to soothe and spark memory.
- A Caregiver's Guide to Dementia by Laura Gitlin, which explores use of activities and other techniques to prevent, reduce and manage behavioral symptoms of dementia.

The majority of kits are for people living with Alzheimer's disease, but there are kits for people with Lewy Body Dementia and children who have contact with someone with dementia. You can access them the same way as books. You can also request them via our [online catalog](#).

You are always welcome to talk to a reference librarian to find out what is still on the shelf. Currently, over 100 unique Memory Minders Kits are available for check out three weeks at a time. They are also renewable and can be requested via the Ramsey County Library catalog.

Find them on the rcreads.org website [here](#).

Reading Together

Suggested books for adults with dementia to read together with a care partner.

[Navigating Aging – Using Picture Books to Engage Older Adults](#)

[Picture Books that Celebrate Seniors and Aging](#)

House of Memories - My House of Memories app

The easy to use **My House of Memories: US** app is free and allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their caregivers.

The app has pictures of objects from across the decades, which are brought to life with sound, music and descriptions, and provide an easy-to-use way to help people living with dementia explore things that resonate with them. You can browse the objects, which include everyday things such as a Tinkertoy set, a concert ticket, and a pair of Converse All Stars and you can save your favorite objects to a digital memory tree, box, or timeline.

The app has a “My Memories” feature, which enables users to upload their own photos to share precious personal memories with the people they care for living with dementia.

Download the free My House of Memories app:



Five Games to Stimulate a Person with Dementia's Brain

Suggestions for ways to use card games, bingo, visual games, word puzzles, and video games to offer both social and mental stimulation for those with dementia, while “exercising” the brain and possibly, slowing the deterioration of cognitive abilities.

[Brain games](#)

Source: Caregiver Support - Alzheimer's Disease Caregiver Support Initiative, Center for Neurobehavioral Health – Plattsburgh, NY

Jigsaw Puzzles for Seniors

If you are a senior who would like to spend time working on a jigsaw puzzle, we may have what you are looking for! Our selection of puzzles includes mostly ones with more than 500 pieces. We have puzzles showing art, landscapes, fruit, butterflies - something for everyone. These puzzles are available to seniors outside of our service area. Please contact us today at 651-642-9052 to find out more.

For more information about programs for seniors offered by St. Anthony Park Area Seniors check out their [website](#).

Maria's Place

Activities for caregivers and older adults. Browse their FREE library of hundreds of activities. Options for all ability levels, including dementia

[Maria's Place](#)

DIY Monthly Craft Projects

St. Anthony Park Area Seniors offers craft projects that seniors can do in their own homes each month. Craft projects are appropriate for seniors and caregivers to work on together. We provide the supplies and instructions. We can also provide delivery to seniors who live in our service area of St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue. Examples of recent projects include batik art kits, light-up lantern kits and tissue paper stained-glass kits.

Contact our office at 651-642-9052 if you are interested in finding out what craft project we are currently offering. For more information about programs for seniors offered by St. Anthony Park Area Seniors check out our [website](#).

SaltBox TV

Saltbox TV is the first-ever streaming service dedicated to connecting older adults with diverse, informative, and engaging programming. Through a simple and user-friendly platform, Saltbox TV welcomes even those with no technical experience. Saltbox TV hosts various programs from music, faith, classic film & television, lifelong learning, wellness, documentaries, arts and crafts, Saltbox Originals, and everything in between.

[Saltbox TV](#) - Always free, no passwords or accounts.

Zinnia TV

Zinnia TV is an online library of artfully crafted, gently-paced video experiences that create moments of engagement, joy and connection for both people who give and receive care. Watching a meaningful topic on Zinnia TV can soothe, delight and reinforce a person's sense of identity. Zinnia TV also includes enrichment videos with sing-alongs, conversation starters and trivia games. Watch a limited selection of new and featured videos on a free channel. You can upgrade to full membership anytime. Free 7-day trial.

Check out our website for more information: [Zinnia TV](#)

Resources for you: A Musical Toolkit

Interesting and fun online resources for music therapy and the use of music for comfort and entertainment. Keynote Music Therapy has lots of ideas and has adapted their programs to the online environment. Fun and free resources plus a link to their YouTube channel with many playlists! Access the Keynote Music Therapy toolkit [here](#).

Vital Living Guided Meditation

Take a moment to relax with a guided audio meditation. To listen, click [here](#) or go to the [Videos section of our Facebook page](#).

If caregiving for a relative, partner, neighbor, friend, or child is causing difficult emotions, contact our Vital Living team at VitalLiving@esns.org for support and resources.

[East Side Neighborhood Services](#)

Cards Connect – Happiness in your Mailbox

Are you tired of opening the mailbox to find nothing but bills? Would receiving cards in the mail from people who care put a smile on your face? If so, then Friends & Co's free Cards Connect service is perfect for you. Just complete the short application, and we will send you handmade cards created by people who care several times throughout the year: in the fall, winter holiday season, Valentine's Day, and spring.

Our free Cards Connect service is available to you if you:

- Are 62 years or older
- Live in Minnesota
- Enjoy receiving cards in the mail

How to connect with Cards Connect:

[Sign up](#) to receive cards

[Refer someone](#) to receive cards

Questions about this service? Contact us at 612-746-0737 or friends@friendsco.org

Sponsor: [Friends & Co](#)

Visiting Companions – Meaningful Connections

Like all Friends & Co offerings, the Visiting Companions program is completely free and available to older adults who may enjoy adding some extra companionship to their lives. If you've been experiencing loneliness or isolation, this program offers the joy of building new, caring connections.

When you join us, you'll be matched with a Visiting Companion who is excited to build a meaningful friendship with you! Together, you and your Visiting Companion will plan your visits according to what works best for you. Most Visiting Companions visit 1-2 times a month. All Visiting Companions are background checked and go through training.

The Visiting Companions program is available to you if you:

- Are 70 years or older
- Live in Minnesota
- Are looking for meaningful connections

This program would be appropriate for an older caregiver who is feeling isolated but is not intended for people living with dementia.

Sign up for our Visiting Companions program today—it's free and easy! To sign up or recommend someone, please choose one of the following:

[Join](#) – I am an older adult, and I am interested in being paired with a Visiting Companion.

[Recommend / Refer a client](#) – I want to recommend an older adult who is interested in a Visiting Companion.

Questions about this service? Contact us at 612-746-0737 or email companions@friendsco.org

Sponsor: [Friends & Co](#)

Phone Companions – The Power of Friendship Over the Phone

If you enjoy chatting on the phone, Phone Companions is perfect for you. This free program offers the same wonderful opportunity to connect as Visiting Companions, with the friendship enjoyed over the phone rather than in person. Most Phone Companions chat weekly.

This program would be appropriate for an older caregiver who is feeling isolated but is not intended for people living with dementia.

People who wish to pair up with a Phone Companion are asked to complete an application. receive calls complete an application.

All volunteers are background checked and go through training.

[Join](#) – I am an older adult, and I am interested in being paired with a Phone Companion.

[Recommend / Refer a client](#) – I want to recommend an older adult who is interested in a Phone Companion.

Questions about this service? Contact us at 612-746-0737 or email companions@friendsco.org

Sponsor: [Friends & Co](#)

Coffee Talk – Instant Connection with a Friendly Listening Ear

Coffee Talk is a free, drop-in phone line from Friends & Co. available Monday through Friday from 8:00 AM – Noon Central, to connect for a one-on-one conversation with our caring Coffee Talker volunteers. You'll be greeted with words of encouragement and a listening ear, ready to meet you wherever you are on your unique journey.

This program would be appropriate for an older caregiver who is feeling isolated but is not intended for people living with dementia.

Coffee Talk is completely free, and there's no need to share any personal information. Your privacy is our priority. Call in and join us at "the table" with your favorite morning beverage to start your day. We guarantee good company and an engaging conversation! Contact Emma at Friends & Co. at 612-746-0746.

Interested in being a Coffee Talker? We're always looking for volunteers to join our team! Tell me more about [volunteering](#) or [sign me up](#) to be a Visiting Companion, Phone Companion, or Coffee Talker today!

Sponsor: [Friends & Co](#)

Well-Connected

Well-Connected is a FREE phone-in classroom/support group/check-in service. They have armchair travel, arts, conversation, fun & games, good reads, health & wellness, languages, museums at home etc. This looks to be an excellent resource for folks who are more likely to do well using the phone than internet technology. [Covia](#) hosts these virtual conversation and classes. People can volunteer to teach a class for community groups members.

Access information about the program here: [Well Connected](#).

Health & Exercise Programs

Note: We have tried to pick programs from reputable sources but we are not endorsing or recommending them.

Free Wellness Screenings for people 65 Years+

Tuesday, November 18, 2025 - 45-minute appointments between 9:30 am and 2:00 pm.
Anpétu Téča Community Center, 1910 County B Rd W, Roseville, MN 55113

In your 45 minute to 1-hour wellness screening appointment you will have a thoughtful discussion about your wellness, what brings you joy, and what is next in your wellness journey. Nursing students from the University of Minnesota are key members of the screening team. This is not meant to replace a doctor's visit.

Some of the things that your wellness screening could include are:

- Have the opportunity to learn about your body composition metrics,
- Screen for cognitive changes, risk factors for dementia, and depression on your terms.
- Set Individualized Goals - develop a Whole-Person Wellness Plan
- Speak to a Registered Nurse about your overall wellness & barriers you face.
- Get connected to resources in your community that can support your wellness goals

[Click here](#) to sign-up for your appointment

Questions can be directed to 651-204-0904 or erin@fcnntc.org.
Faith Community Nurse Network of the Greater Twin Cities

[Faith Community Nurse Network](#) in collaboration with the [Roseville Alzheimer's & Dementia Community Action Team](#)

Improving Health and Quality of Life: Juniper's Evidence-Based Programs

Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants. You can participate through Zoom. Programs are free - donations are appreciated.

Here is a sampling of some of the programs offered:

A Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set

realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Tai Ji Quan – Moving for Better Balance

This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment & coordinated Tai Ji movements.

Stepping On

Stepping On offers participants a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review.

Stay Active and Independent for Life (SAIL)

SAIL is a strength, balance and fitness program for adults. This class is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness.

Arthritis Foundation Exercise Program

Arthritis Foundation Exercise Program is a group exercise class for people with arthritis who want safe ways to stay active, reduce pain, and move more easily. Participants learn from a trained instructor on how to deal with challenges like pain that keep them from staying active. Participants will practice stretching, breathing, endurance, and balance activities tailored for their ability and skill level. AFEP can help control pain, boost energy and mood, and increase confidence about staying active and managing arthritis.

[Click here](#) for complete information about the courses, dates and times.

Stepping On

Every Friday from October 3 - November 14, 2025 | 10:00 AM - Noon CDT - In person
East Side Neighborhood Services, 1700 2nd Street NE, Minneapolis, MN 55413

Stepping On is designed specifically for people who are: 1) at risk of falling, 2) have a fear of falling, or 3) who have fallen one or more times. Participants meet for two hours a week for seven weeks. Classes are facilitated by trained Leaders and provide a safe and positive learning experience. Classes are highly participative; mutual support and success build participants' confidence in their ability to manage their health behaviors, reduce their risk of falls, and maintain active and fulfilling lives.

Class Leaders: Cheryl Lanigan, Carolyn Orttel

[Click here](#) for more information and to register.

Cost: Free - contributions to a cost-share program appreciated.

[East Side Neighborhood Services](#)

Individualized Exercise Programming

HealthPartners Neuroscience Center – Rehab, 295 Phalen Blvd Saint Paul, MN 5513

The NeuroWell exercise program offers evidence-based exercise programming for medical and neurological conditions in the state-of-the-art HealthPartners Neuroscience Center Rehab Gym.

The NeuroWell individualized exercise program focuses on using exercise to improve physical and cognitive performance, physical fitness, and overall wellness. All new participants will complete a baseline session with an exercise physiologist aimed at setting goals and assessing current level of physical fitness.

Research has shown exercise to provide the following benefits:

- Increase strength
- Build endurance
- Gain flexibility
- Better performance
- Optimize body composition
- Improve energy levels
- Greater independence

Any patient or community member with a neurological diagnosis can participate in the NeuroWell exercise program.

Some diagnoses include:

- Stroke
- Parkinson's disease
- Spinal cord injury
- Multiple Sclerosis (MS)
- Medically complex
- Pain
- Spine
- Amputation
- Dementia
- Cancer

For more information and to enroll in the program please call 651-495-6704 or email neurowell@healthpartners.com

[Neurowell](#) - HealthPartners

Exercise Classes offered by Struthers Parkinson's Center

Seated Yoga (light intensity) Mondays 11:05 - 11:55 AM
 Movement Boosters (moderate intensity) Wednesdays 11:05 - 11:55 AM
 Movement Boosters (moderate intensity) Fridays 10:05 - 11:55 AM
 PWR! (high intensity) Thursdays 3:05 - 3:55 PM
 Tai Ji Quan series: 12 week series starting September 8, 2025.

[Click here](#) for more information - scroll to the event you are interested in and click on the image to register.

[Struthers Parkinson's Center](#)

LSVT BIG and LOUD

LSVT programs are evidence-based speech, physical or occupational therapies. LSVT LOUD speech therapy improves communication in daily living; and LSVT BIG physical or occupational therapy improves mobility and movement used in everyday function. These are not general exercise programs. Instead, they are research-based treatment protocols designed specifically to address the motor, sensory and non-motor symptoms that many people with Parkinson's Disease or Parkinsonian symptoms face.

For more information and to find programs in Minnesota: [LSVT BIG and LOUD](#)

YMCA 360 ON-DEMAND CLASSES

Stay connected and active, even if you can't visit the Y. The program will be accessible to both YMCA members as well as the general public for the foreseeable future.

[YMCA 360](#)

20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines

[20 Minute Chair Exercise](#)

7-Minute Yoga Workout for Older Adults

[7 Minute Yoga](#)

Gentle Chair Yoga Routine

Developed by the therapists in the Chronic Pain Service (now called the LEAP Service) at Toronto Rehab, Rumsey Centre.

[Chair Yoga](#)

Chair Yoga

New session begins Friday, September 11, 2025 and ends December 19, 2025.
Fridays from 9:30-10:30 AM CT - Online.

This class helps older adults improve their balance, flexibility and range of motion. This course is taught by a trained leader and is currently offered online. We take safety very seriously and have a volunteer "spotter" for each online class and a limited number of slots for each class. iPads are available to borrow through the St. Anthony Park Area Seniors office.

Call the St. Anthony Park Area Seniors office at 651-642-9052 or email sc@sapaseniors.org to register and to find out about future sessions. This course is offered at no charge and is available to everyone regardless of age or residency. Donations are requested, but not required.

[St Anthony Park Area Seniors](#)

Tai Ji Quan: Moving for Better Balance

Tuesdays, 2:00 – 3:00 PM CT - Online

This 24-session course helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements. This course is taught by a trained leader and is currently offered online. We take safety very seriously and have a volunteer "spotter" for each online class and a limited number of slots for each class. iPads are available to borrow through the St. Anthony Park Area Seniors office.

Call the St. Anthony Park Area Seniors office at 651-642-9052 or email sc@sapaseniors.org to register and to find out about future sessions. This course is offered at no charge and is available to everyone regardless of age or residency. Donations are requested, but not required.

[St Anthony Park Area Seniors](#)

Pound Fit Drumming

Tuesdays from 10:00 -11:00 AM

Centennial United Methodist Church – St Anthony Park, 2200 Hillside Ave, St Paul, MN 55108

Try a new way to stay active and healthy! Free your spirit in this full-body movement class inspired by the energizing fun of drumming.

Registration is required. This class is offered at no charge. Participants are encouraged to contribute through voluntary donations, but no one is turned away from inability to do so.

Email sc@sapaseniors.org or call the St Anthony Park Area Seniors office at 651-642-9052 to register.

[St Anthony Park Area Seniors](#)

Stay Active and Independent for Life (SAIL)

September 15 - December 15, 2025

Twice weekly on Mondays and Wednesdays for 24 sessions | 10:00-11:00 AM CT

Centennial United Methodist Church – St Anthony Park, 2200 Hillside Ave, St Paul, MN 55108

SAIL is an evidence-based balance, strength, and flexibility fitness program for older adults. Exercises can be done sitting or standing, and all equipment is provided. This class is offered for 24 sessions and at no charge. For more information about the class, please visit [SAIL](#).

Email sc@sapaseniors.org or call the St Anthony Park Area Seniors office at 651-642-9052 to register and to find out about future sessions.

[St Anthony Park Area Seniors](#)

10 Minute Core Strengthening Workout for Seniors | Simple Seated Core Exercises

[Seated Core Exercises](#)

15-minute Sample Workout for Older Adults from Go4Life National Institute on Aging

[Go4Life Sample Workout](#)

7 Strength, Balance, and Flexibility Exercises for Older Adults from Go4Life - National Institute on Aging

[Go4Life Exercises for Older Adults](#)

Vital Fitness – In Person

Every Thursday | 10:30-11:30 AM CT

Join East Side's Vital Fitness group! Keep moving in a warm and welcoming space. All abilities are encouraged to come. Movements can be done seated or standing. A wide variety of balance, strength, and flexibility movements will be incorporated into this fun and social group class.

No cost. Pre-registration is helpful for planning purposes but not required.
Questions? Call 612-787-4086 or email VitalLiving@esns.org

[East Side Neighborhood Services](#)

1700 Second Street NE, Minneapolis, MN 55413

Vital Fitness - Home Edition

Improve balance, strength, and coordination with this online all-abilities exercise class.

[Click here](#) to see previous class recordings on YouTube.

[East Side Neighborhood Services](#)

Exercise Toolkit for Older Adults

Staying active is an important part of healthy aging! To help those interested in learning more about exercise, the National Institute on Aging created an Exercise and Older Adults Toolkit to share reliable health information, research news, infographics, publications, and videos that highlight the benefits of physical activity. The materials are designed for older adults, caregivers, and health care providers.

[Click here](#) to explore and share the toolkit to help encourage safe, enjoyable exercise at any age.

[National Institute on Aging](#)

Virtual Travel, Arts & Entertainment

Webcams

Bird cams

[All About Birds](#)

Count birds for science! [Feederwatch](#)

Underwater cams

[Underwater Cameras](#)

[Reef Cameras](#)

Animal cams

[Maryland Zoo](#)

[National Zoo](#)

[Explore.org World Wide Animal and Nature Cameras & Chat](#)

Links to Concerts, Plays, and Music

The Social Distancing Festival Art, Music, Theater, Dance, and Poetry

[Social Distancing Festival](#)

Art - Museums – Concerts

[Art Museums, Concerts, Plays](#)

The Metropolitan Opera on Demand

[Metropolitan Opera on Demand](#)

Broadway Plays and Musicals

Seventeen Broadway plays and musicals—including Cats, Peter Pan, and Newsies—are available for viewing from the comfort of your own home! View through Broadway HD, Amazon Prime, or a similar service (**payment required**).

Access this article for the complete list and viewing details: [Playbill](#)

Folk Music Archive

[Folk Music](#)

The Current - Events Calendar

[Event Calendar](#)

Links to Museums, Art Galleries, Historical Sites, and Zoos

Corning Museum of Glass – Glassmaking

Watch the fascinating techniques, artistry, and improvisation that comprise contemporary glassmaking in free livestreams from The Corning Museum of Glass. Watch as internationally renowned faculty & artists demonstrate techniques from furnace sculpting to flameworking and more. Visit the Amphitheater Hot Shop to experience a Guest Artist Demonstration narrated by the Museum's Hot Glass Team.

[Click here](#) for information about live streaming and recorded events

Lincoln Center Moments

Lincoln Center Moments is a free, performance-based program thoughtfully designed for individuals living with dementia and their care partners. Experience the magic of Lincoln Center's world-class artistry in a warm, welcoming, and supportive environment. Participation is free, but registration is required.

Virtual programs are 90 minutes long, including live or recorded performances by artists and activities facilitated by educators and music therapists that explore the work through discussion, movement, music, and art-making. These programs are open to audiences impacted by dementia anywhere in the world with access to Zoom.

[Click here](#) for information about upcoming programs. Virtual and in-person (New York City) events are shown.

Folk Art Reflections Program

Everyone is invited (virtually) into the Folk Art Museum!

Museum visits can be incredibly beneficial for people living with dementia. Engaging in arts-based activities can stimulate the brain, improve mood, and offer new and creative non-verbal outlets. Elizabeth Gronke, ATR-BC is an Art Therapist, who has been leading the American Folk Art Museum's dementia-friendly Folk Art Reflections programming for over five years. She conducts monthly live Zoom sessions at the American Folk Art Museum.

To register email egronke@folkartmuseum.org and you'll receive the zoom link on the day before the event.

If you are not able to attend one of these live zoom sessions, you can view “Folk Art Reflections: Video Visits” on your own time. These videos are roughly 15 minutes long and feature a few artworks and a suggestion for an activity to do at home.

[Click here](#) for the playlist.

[American Folk Art Museum - Folk Art Reflections Program](#)

12 Museums Around the World

[Museum Virtual Tours](#)

Italian Museums

[Tours of Italian Museums](#)

Palace of Versailles

[Palace of Versailles Tour](#)

NASA Image and Video Library

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