

Music, Motion, & Memories



Lunch
Included

Memory Lane Home Living Inc., a not-for-profit dementia initiative, in collaboration with Seniors' Consultants specializing in Occupational Therapy, Gerontology Activation Therapy and Music Therapy, created a *4-week pilot project* of music and more. Please join us for lunch, and to sing "old-time favourites" from various eras. Music and exercise optimize brain function, release "happy hormones" and give the brain a massage while filling it with happiness.

Where:

Aurora Seniors Centre

90 John West Way, Aurora, ON

When:

Wednesdays from noon to 2 p.m. | Lunch included | August 1st, 8th, 15th and 22nd.

For Whom:

Caregivers and their loved ones with memory loss looking for an opportunity to sing in community.

Cost:

FREE with lunch included. Be part of this pilot project. Register with Mona at (905)-237-1419.

