



The Gathering

An enrichment program for people with memory loss that provides respite for their family caregivers.

The Gathering is a group respite program that provides 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. It's led by Lyngblomsten Community Services staff with support from specially trained volunteers.

Benefits for participants

- Experience fun, laughter, and enrichment
- Create social connections in a welcoming environment
- Enjoy activities that stimulate the brain and promote community, such as music, arts programming, discussion groups, exercise, cognitive games, adult education, and more

Benefits for caregivers

- Receive a much-needed break (four hours per session)
- Meet one-on-one with a Lyngblomsten Caregiver Specialist for resources, education, and support
- Meet with other caregivers weekly for connection and conversation

The Gathering is offered at sites in:

- **St. Paul:** Mondays, Tuesdays, & Thursdays
- **Lino Lakes:** Tuesdays, Wednesdays, & Thursdays

Available for participants up to 3 times a week!



For more information about The Gathering, contact Lyngblomsten Community Services:

(651) 632-5320 or caregiving@lyngblomsten.org
www.Lyngblomsten.org/TheGathering



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