THE ENRICHED LIFE

MOVE • MIND • ENGAGE

MORE THAN MEMORY EXERCISES

Mind & Meaning is a thoughtfully designed cognitive engagement program for older adults, including individuals experiencing mild cognitive impairment or dementia. Every experience is adapted to personal strengths, interests and life history - creating opportunities for success, belonging and joy.

PERSON-CENTERED | PURPOSEFUL | DIGNITY-DRIVEN

Designed to meet each participant where they are - without pressure or judgment.

SIX PATHWAYS TO A MORE ENRICHED DAY

1. **Mind Activation**
   Games and challenges for attention, language, reasoning and problem-solving.
2. **Memory Through Meaning**
   Life stories, familiar objects and reminiscence that celebrate identity.
3. **Music & Rhythm**
   Personalized music, singing and rhythm to encourage connection and expression.
4. **Move & Think**
   Safe movement paired with cognitive cues, coordination and social interaction.
5. **Purposeful Living**
   Adult, meaningful roles such as gardening, cooking and community projects.
6. **Social & Sensory Wellness**
   Conversation, creativity and calming sensory experiences that support well-being.

WHAT PARTICIPANTS AND FAMILIES CAN EXPECT

- Activities adapted for different cognitive and communication abilities
- Small-group experiences that encourage participation and social connection
- A consistent, reassuring rhythm with room for rest and individual choice
- Progress viewed through engagement, confidence, connection and moments of joy

Designed for older adults across the cognitive continuum

COGNITIVE WELLNESS | MILD COGNITIVE CHANGE | MEMORY-SUPPORT NEEDS

Every person deserves a day filled with purpose, connection and possibility.

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