

AARP Virtual Community Center



FREE interactive online events and classes designed for learning, self-improvement, and fun.

Virtual Community Center Events

Health and Wellness: An Interactive Music, Movement and Memory Workshop

Tuesday, Sep 20, 2022

From 1:30 p.m. to 2:30 p.m. ET || 10:30 a.m. to 11:30 a.m. PT

Online

Contact: AARP AZ

Email: azaarp@aarp.org

Feedback



REGISTER

Professional vocalist and Certified Dementia Practitioner Shannon Wallace will lead you and your loved one in an interactive session combining music, movement, memory and mindful inspiration.

Join AARP Arizona and attendees from across the U.S. for a FREE virtual event on Tuesday, September 20, 2022, at 12:30 p.m. ET | 11:30 a.m. CT | 10:30 a.m. MT | 9:30 a.m. PT. AARP membership not required.

Enjoy great music and exercise with Shannon Wallace, who specializes in interactive music sessions for active adults and those living with all forms of dementia and cognitive impairment. She will guide participants in full-body movement exercises, memory and hand-eye coordination games, problem-solving games, humor and reflective conversation, all set to music and/or rhythm. This workshop features low-impact exercises involving arm and leg movements from a seated position.

Please consult your doctor before starting any exercise program.

This event is **FREE**, but registration is **REQUIRED**. Please do not opt out of event-related emails, as you will be emailed a link to join the class via Zoom prior to the event.

For further information, contact AARP Arizona at azaarp@aarp.org.

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AARP
Helping Your Teen Navigate in Today's Digital World
Join the LIVE discussion with child psychologists, doctors and teens.
[LEARN MORE](#)
Membership not required

The advertisement features the AARP logo in red. The main headline is in bold red text. Below it, the text 'Join the LIVE discussion with child psychologists, doctors and teens.' is in black. A red button with white text says 'LEARN MORE'. At the bottom, it says 'Membership not required'. To the right of the text is a vertical image of a smartphone screen showing a person with their hands covering their face, sitting on a stack of colorful blocks (blue, orange, purple).

Event Categories

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