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AARP AZ Musical Memory Care Workshop (Free and Virtual)

Monday, Oct 12, 2020

From 10:30am to 11:30am US Mountain Time

Online

👤 Contact: AARP AZ

✉ Email: azaarp@aarp.org (<mailto:azaarp@aarp.org>)

Event is closed or full.

Join AARP-AZ for a free Musical Memory Care workshop, ONLINE! Arizona vocalist Shannon Wallace, CDP specializes in interactive music workshops for active adults and those living with all forms of dementia and cognitive impairment. Join her for a combination of Music, Movement, Memory and Mindful Inspiration — for you and/or your loved-one — no matter the physical or mental ability or limitation. During this virtual and interactive live streaming session, participants can experience full-body movement exercises; memory and hand-eye coordination games; problem-solving games; humor and interactive, reflective conversation, all set to music and/or rhythm. *Shannon is a Certified Dementia Practitioner (CDP) through the National Council of Certified Dementia Practitioners (NCCDP). Once you register for the event, you will receive the Zoom link.


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Local Resources

 [Volunteer Opportunities \(https://createthegood.org/volunteer-search?postal_code=&intcmp=CSN-LNK-AARPLOCAL-LRMVOL-20190712--\)](https://createthegood.org/volunteer-search?postal_code=&intcmp=CSN-LNK-AARPLOCAL-LRMVOL-20190712--)

 [Caregiving Resources \(https://www.communityresourcefinder.org/?&intcmp=CSN-LNK-AARPLOCAL-LRMCGR-20190712--\)](https://www.communityresourcefinder.org/?&intcmp=CSN-LNK-AARPLOCAL-LRMCGR-20190712--)


 [Scam-Tracking Map \(https://www.aarp.org/money/scams-fraud/tracking-map/\)](https://www.aarp.org/money/scams-fraud/tracking-map/)

 [AARP Livability Index \(https://livabilityindex.aarp.org/search#\)](https://livabilityindex.aarp.org/search#)

 [Senior Assistance \(https://local.aarpfoundation.org/search_results/?&intcmp=CSN-LNK-AARPLOCAL-LRMSRA-20190712--\)](https://local.aarpfoundation.org/search_results/?&intcmp=CSN-LNK-AARPLOCAL-LRMSRA-20190712--)

 [Driver Safety Class Locator \(https://secure.aarp.org/applications/VMISLocator/searchDspLocations.action?&intcmp=CSN-LNK-AARPLOCAL-LRMADS-20190712--\)](https://secure.aarp.org/applications/VMISLocator/searchDspLocations.action?&intcmp=CSN-LNK-AARPLOCAL-LRMADS-20190712--)

 [Free Tax Preparation Services \(https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action?&intcmp=CSN-LNK-AARPLOCAL-LRMTAX-20190712--\)](https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action?&intcmp=CSN-LNK-AARPLOCAL-LRMTAX-20190712--)

 [Senior Community Service
Employment Program
\(https://www.aarp.org/aarp-
foundation/our-
work/income/scsep/info-
2014/aarp-foundation-
scsep-locations.html?
&intcmp=CSN-LNK-
AARPLOCAL-LRMSCE-
20190712--\)](https://www.aarp.org/aarp-foundation/our-work/income/scsep/info-2014/aarp-foundation-scsep-locations.html?&intcmp=CSN-LNK-AARPLOCAL-LRMSCE-20190712--)

 [AARP Chapter Locator \(https://secure.aarp.org/applications/VMISLocator/searchChapterLocations.action?&intcmp=CSN-LNK-AARPLOCAL-LRMACL-20190712--\)](https://secure.aarp.org/applications/VMISLocator/searchChapterLocations.action?&intcmp=CSN-LNK-AARPLOCAL-LRMACL-20190712--)

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