

Introducing the Alzheimer's Association- Greater Michigan Chapter Activity Blog!

Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections at all stages of dementia. However, as abilities change, it can be hard to think of activities that are fun and just the right amount of challenging. That's where we come in. Visit us at

<http://alzheimersactivities.wordpress.com/>

and read weekly posts on activities specifically designed for those with memory loss and their care partners



Topics include:

Local Community Events

Craft Ideas

Exercise Hints

Alzheimer's Association-sponsored Activities

Outdoor Activities

Community Service Projects

Male-Focused Activities

AND MUCH MORE!!!!