

# Dementia-Friendly Drum Circle



Jodi Winnwalker will lead the circle this month. Jodi is a professional music therapist who has lead drum circles in memory care homes and senior residences.

Offered by Portland Parks & Recreation. For questions email [shelby.coshow@portlandoregon.gov](mailto:shelby.coshow@portlandoregon.gov) or [franzs2008@yahoo.com](mailto:franzs2008@yahoo.com)

Supported by Touchmark at Fairway Village

Photos: Aikyra Drum Circle

Come join a drum circle for folks with early-stage memory loss or Alzheimer's and their caregivers.

August 11 at 1:30 p.m.

Portland Memory Garden, 10401 SE Bush St.

What is a drum circle? Just a group of people who get together and bang on percussion instruments.

What is great about drum circles?

- Anyone can participate.
- Drumming is good for the brain.
- Drumming helps relieve stress.
- Drumming is fun.

Bring something to play with if you have it—a drum, shaker, or whatever. But instruments will also be provided.

We'll be sitting socially distanced and masked, if you prefer.

This park is handicapped accessible and street parking is available.

