

Winona Dementia Friendly Community Month April 2026



**MON
06**

Alzheimer's Disease: What It Is and What Can Be Done?

10:00am-11:30am or 1:00pm-2:30pm at Sobieski Lodge, 965 E. 7th St, Winona.

Join us to learn how we recognize, prepare, and manage Alzheimer's Disease.

Presented by Dr. Joseph Gaugler, PhD, University of Minnesota School of Public Health

**TUE
07**

Movie Morning 10:00am at Winona 7 Theatre, 70 W 2nd St, Winona.

Benedictine Living Community-Winona presents: Movie Morning. Free fun for adults 55+. Bring a friend and experience the heartwarming film, *Thelma*. RSVP's appreciated but not required.

Contact Emily Auth: (507) 457-3867

**MON
20**

Older Adult Resource Fair 3pm-6pm at East Recreation Center, 210 Zumbro St, Winona.

Gather information from local vendors and organizations. Vendors will include: senior living communities, home health equipment and services, memory care support, social engagement, caregiver support, free resources, and more.

Forget Me Notes Concert 3:30pm at East Recreation Center, 210 Zumbro St, Winona.

Come listen to and sing along with Winona's Dementia Friendly Choir.

Screenings 4:00pm-5:00pm at East Recreation Center, 210 Zumbro St, Winona.

Benedictine Living Community-Winona Therapy team will be offering free screenings for balance and strength.

**WED
22**

Forever Young Choir Fitness 1:45pm-2:15pm at Sobieski Lodge, 965 E. 7th St, Winona.

A chair-based exercise program that includes easy-to-follow exercises that are based on cognitive stimulation, memory delight, and works on the ability to perform everyday tasks. All are welcome!

Memory Café Experience and Social 2:30pm-4:00pm at Sobieski Lodge, 965 E. 7th St, Winona.

Enjoy the weekly Memory Café, some light snacks provided by Sugar Loaf Senior Living, and a time to socialize with other members of our community.

Bingo 5:00pm-6:00pm at Benedictine Adult Day Center, 1455 W Broadway St, Winona.

Family Friendly. Prizes donated by local businesses that are "Dementia Friendly."

**THU
23**

Dementia Friends Information Session 12pm-1pm at City Hall, 207 Lafayette St, Winona.

Change how you think and talk about dementia while learning to effectively communicate with someone living with dementia.

Down Memory Lane 1:30pm-2:30pm at East Recreation Center, 210 Zumbro St, Winona.

Enjoy a trip down memory lane through music, conversation, and learn tips and techniques to journaling and how journaling can be valuable to you.

**FRI
24**

Artful Mind 9:00am-10:00am at East Recreation Center, 210 Zumbro St, Winona.

An art therapy program for all. During the program, participants will experience guided mindfulness, creative connections, and a chance to create a memory-based art project.

**SAT
25**

Dementia Friends Information Session

10am-11am at Winona Public Library, 151 W 5th St, Winona. Change how you think and talk about dementia while learning to effectively communicate with someone living with dementia.



**All events are FREE &
open to the public!**

