In this 6-session multisensorial workshop, participants will create an individualized music playlist, recount the memories it inspires, and create a memory book. A friend or family member will be actively involved in adding to the project by collecting photos, anecdotes, and textiles to give context to the memories. All materials are provided by Villa Musica. There is no cost to register.

If you are interested in participating in this program, please contact Tracey Truscott, LCSW at the Shiley-Marcos Alzheimer’s Disease Research Center at (858) 822-4800 or ttruscott@ucsd.edu to register.

Class size is limited for optimal staff to participant ratios.