



# CULINARY EVENTS

TO HELP COMBAT  
ALZHEIMER'S & DEMENTIA

Each week our residents experience baking therapy in the form of a cooking class offering social engagement, fine motor skills and cognition enhancement by making brain-healthy treats! Our Culinary and Activity teams have partnered on this innovative approach to combat memory loss and encourage a healthy mind.

**Top 3 Superfoods – green leafy vegetables, nuts and berries!**

## WEEK 1

### **BRAIN-HEALTHY MUFFINS**

Group Baking Class - Muffins  
Blueberry, Lemon, Poppyseed, Banana Nut

## WEEK 2

### **NUTS & BERRIES**

Pop-Up Farmers Market (Summer/Fall)  
Assorted Berries and Nuts – Live music

## WEEK 3

### **BERRY SMOOTHIES**

Group Cooking Class - Smoothies & Parfaits  
Assorted Berries, Bananas, Yogurt

## WEEK 4

### **GREEN TEA & LEMON WAFERS**

Afternoon Tea  
Green Tea with Lemon, Wafers