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YEARS



MESA ARTS CENTER



FOR IMMEDIATE RELEASE

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Mesa Arts Center Offers Free Creative Experiences for Adults Living with Dementia and Their Caregivers



High-res images [here](#).

Mesa, AZ — Mesa Arts Center offers a welcoming space for adults living with dementia and their caregivers to engage in free, artistic experiences through Arts in Mind, a monthly program designed to build a sense of community and encourage hands-on creativity.

Held on the second Tuesday of each month from 10–11:30 a.m. at Mesa Arts Center, the program brings people together through visual arts, movement, music and mindfulness. The program begins with a 30-minute social time, followed by two simultaneous 60-minute artmaking sessions — one for adults living with dementia and the other for caregivers seeking respite. Skilled teaching artists and volunteers guide participants, ensuring a supportive, enriching experience.

All Arts in Mind staff and volunteers receive dementia-friendly training through the Dementia Friendly Mesa Program with Oakwood Creative Care and Banner Alzheimer's Institute.

Upcoming sessions:

Feb. 11 – Altered Art Project / Community Ingredients Printmaking

March 11 – 2-D Needle Felting / Mindfulness Techniques

April 8 – Wet Felting Flowers / Hand Drumming and Percussive Instruments

May 13 – Mixed Media Project / Writing Workshop

“Arts in Mind brings joy, belonging and a sense of purpose through creative expression,” said Laura Wilde, director of studios at Mesa Arts Center. “Art engages the brain in powerful ways, and we’re proud to offer these classes as a meaningful resource for those living with dementia.”

Arts in Mind is free and open to individuals living with memory impairment, such as Alzheimer’s or other dementia, and their caregivers.

For more information or to register, visit mesaartscenter.com or email engagement@mesaartscenter.com.

About Mesa Arts Center

Mesa Arts Center, owned and operated by the City of Mesa, is a unique, architecturally stunning facility located in the heart of downtown Mesa. Arizona's largest arts center is home to four theaters, five art galleries and 14 art studios. Guests, patrons and students come to Mesa Arts Center to enjoy the finest live entertainment and performances, world-class visual art exhibitions and outstanding arts education classes. Mesa Arts Center’s mission is to inspire people through engaging arts experiences that are diverse, accessible and relevant. For more information, visit mesaartscenter.com.

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