Activities for carers and people with dementia

Activities support and empower carers and clients living with a diagnosis of dementia to engage in meaningful and therapeutic recreational activities. All activities are FREE.

**TAI CHI**
Learning Tai Chi with a qualified teacher will create an opportunity for people living with dementia and their carers to acquire a new skill, develop a safe exercise routine and also provide opportunities to build new social networks. No prior Tai Chi experience is required to enjoy and benefit from this activity.

**When:** Every Friday: 3 Feb to 9 Mar (further sessions will be notified)
**Time:** 2.00pm to 3.00pm. Stay with us and enjoy afternoon tea from 3.00pm to 3.30pm

**COLOUR - FROM HEART TO ART**
Working with colour while expressing yourself without words. No previous art experience necessary. Join this small group and explore colour in its many different forms in a relaxed and comfortable environment.

**When:** First and third Tuesday of the month beginning - Tuesday, 7 February to 19 June
**Time:** 10.00am to 12.00pm - includes morning tea

**MUSIC FOR RECREATION**
Group music sessions are designed for the person living with dementia. Each session is planned to meet the needs, interests and skills of the group. No musical experience or talent is necessary – just come along and have some fun!

**When:** Every Monday (except Public Holidays) Monday, 30 January to 25 June
**Time:** 2.00pm to 4.00pm - includes afternoon tea

**MOVIE CLUB**
Join us for a friendly movie discussion forum about your favourite movie stars, actors and actresses past or latest movie releases and your passion for cinema, while enjoying a fine afternoon tea experience.

**When:** Second Wednesday of every month: 8 Feb to 13 Jun
**Time:** 1.30pm to 2.00pm (before the movie starts)

**MOVIE & POPCORN**
Just for fun and relaxation - get away from all thoughts and come and sit back, relax and enjoy a good movie, hot popcorn and friends.

**When:** Second Wednesday of every month: 8 Feb to 13 Jun
**Time:** 2.00pm to 4.00pm - includes afternoon tea

**COMING TOGETHER**
Be part of this great group who get together to have wonderful discussions, socialise, sing-a-longs, play carpet bowls, table games or just sit and chat awhile. This program is a continuation and open to anyone who has completed the “Living with Memory Loss” program

**When:** Second Tuesday of every month: 14 Feb to 12 Jun
**Time:** 10.30am to 1.30pm - Clients to bring their own lunch

**AD HOC**
Join a social group that meets monthly for a get together. Some of our events are a BBQ lunch, Garden Party and Yuletide Lunch. Our purpose is to offer support and pleasure to people with dementia and their carers.

**When:** Last Saturday of each month
**Time:** Phone for confirmation and details

**BOOKINGS ESSENTIAL CONTACT: YASMIN**
Vincent Fairfax Family Resource Centre
120 Coxs Road, North Ryde, NSW 2113
T (02) 9888 4237
F (02) 9805 1665
E ymody@alznsw.asn.au

**REGIONAL OFFICES**
Bega, Newcastle, Port Macquarie, Coffs Harbour, Sutherland, Wingecarribee
Activities for carers and people with dementia

Activities support and empower carers and clients living with a diagnosis of dementia to engage in meaningful and therapeutic recreational activities. All activities are FREE.

**CREATIVE ARTS**
A taste of everything. A wonderful opportunity for people to explore their own creativity.

**MUSIC FOR RECREATION**
Group music sessions are designed for the person living with dementia. Each session is planned to meet the needs, interests and skills of the group. No musical experience or talent is necessary - just come along and have some fun!

**SOUTH SYDNEY**

**Session Leader:** Julie Sinnis

**MUSIC FOR RECREATION**
**DATES:** 18 June
**TIME:** 10:00am - 12:00pm
**VENUE:** C/o Southcare Sutherland Hospital, 126 Kareena Road, Miranda NSW

**MACARTHUR AREA**

**Session Leader:** Jan Margin

**DISCUSSION GROUP**
**DATES:** Tuesdays, 19 June, 17 July and 21 August
**TIME:** 10.00 am - 12.00 pm

**MEMORIES OF ME**
**DATES:** Wednesdays, 4 & 18 April, 2 & 16 May
**TIME:** 10.00am - 12.00pm
**VENUE:** 80 Broughton Street, Camden NSW

**NORTHERN BEACHES**

**Session Leader:** Sarah Dalton

**DISCUSSION GROUP**
**DATES:** Wednesdays, 9 May, 13 June and 11 July
**TIME:** 10.00 am - 12.00 pm

**MUSIC FOR RECREATION**
**DATES:** Wednesdays 7, 14, 21 & 28 March
**TIME:** 10.00am - 12.00pm
**VENUE:** 10 Park Street, Mona Vale NSW

**WESTERN SYDNEY**

**Session Leader:** Sue Tolhurst

**DISCUSSION GROUP**
**DATES:** Tuesdays, 24 April, 22 May, 26 Jun, 24 July
**TIME:** 10.00am - 12.00pm

**CARD MAKING:**
**DATES:** Except for April - Fourth Wednesday of every month:
22 February, 28 March, 23 May & 27 June
**TIME:** 10.00am - 12.00pm

**VENUE:** Balcombe Heights Estate
Building 15, 92 Seven Hills Road
Baulkham Hills NSW

**FOR BOOKINGS PLEASE CONTACT:**
For Baulkham Hills: Sue Tolhurst (02) 9845 6903
For Macarthur: Jan Margin (02) 4654 6062
For Northern Beaches: Sarah Dalton (02) 9979 7677
For South Sydney: Julie Sinnis (02) 9531 1928