

Afternoon Out



Get together with others living with Alzheimer's and other Dementias and their caregivers in an environment of empathy and friendship.

Connect with and support each other while enjoying some music, conversation and light refreshments.

8 Mondays, April 4th - May 30th (no program May 23rd)

1:00 pm - 3:00 pm

Phoenix Community Centre

\$5 drop in fee per couple to cover the cost of refreshments

Contact MHRD for more information

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www.mhrd.ca



Macdonald-Headingley
RECREATION DISTRICT