

ARE YOU OR SOMEONE YOU CARE ABOUT LIVING WITH DEMENTIA?

Living Well with Dementia run several weekly activity groups that are particularly welcoming to people living with dementia, their families, and carers. These activities increase physical, mental, and emotional wellbeing and are a great way to meet new friends and stay socially engaged in your community.

WHY NOT COME ALONG TO ONE OF OUR GROUPS FOR SOME FUN AND RELAXATION. WE WOULD BE DELIGHTED TO SEE YOU.

BRIDGE

Tuesday afternoons, 2:00pm - 3:30pm

St Thomas Community Centre
Fosters Avenue, Stillorgan

Cost: Suggested donation of €3-€5 Towards
room hire & tea/coffee

MOVEMENT TO MUSIC

Wednesday afternoons, 1:45pm - 3:15pm

Community Centre, Church of the Holy
Family, Bakers Corner, Kill O'the Grange

Cost: €5 donation per class

EXERCISE GROUP

Tuesday afternoons, 2:00pm - 3:30pm

St Thomas Community Centre
Fosters Avenue, Stillorgan

Cost: Suggested donation of €3-€5 Towards
room hire & tea/coffee

THE PLEASURE OF ART

Friday mornings, 11:00am - 12:30pm

Patrician Community Centre,
Stillorgan

Cost: €5 donation per class



SWEET MEMORIES CHOIR

Saturday mornings 11:00am - 12:30pm

Saint Raphaela's Convent, Stillorgan

Cost: Suggested donation of €3-€5
Towards room hire & tea/coffee

Prior to attending, please contact Angie Lennon in Southside
Partnership on 087-1090106 or Mary Spain on 086-0418450