



# Bulbs & Blooms GARDEN CLUB

*For People Living With Dementia*

Gardens are important and a constant feature throughout our life, especially for people living with dementia. From playing in our private garden as a child, to exercising in public gardens or parks, to socialising with our families. The importance of gardens increases especially as we get older, as a place to relax and recover, as well as to enjoy the environment around us. Gardening continues to remain an important activity, to us all so we hope that you will join us.

## *Benefits of participating in Bulbs and Blooms*

- ✚ Familiar and fun activity
- ✚ Improve wellbeing
- ✚ Share experiences and wisdom with the next generations
- ✚ Stimulate the senses and memories
- ✚ Improve mental and physical health



*A garden is a friend  
you can visit anytime*



For more information contact us at  
[ellen.helgason@ahs.ca](mailto:ellen.helgason@ahs.ca) or call 403-350-50920