

Dementia Friendly Programs Lacombe

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Music for
People with
Dementia**

10:30-11:30AM
April 3-May 29
*registration
required

**Minds in Motion
online**

2-4PM
March 27-May 15
*registration
required

Ecovision

flexible
scheduling
between
3:30-7PM

Memory Cafe
1st Friday
of every
month
2PM

**ON PAUSE
UNTIL FALL**

**Caregiver
Support
Group**

1st and 3rd
Friday of every
month
10-11:30AM

Memory Cafe:

The Memory Cafe is a safe and social gathering for those impacted by memory loss or cognitive impairment to socialize, share memories and experiences, and make new friendships and support groups.

~~Drop in for this program on the last Friday of every month at 2pm at Mary C. Moore Library.~~ On pause over the spring/summer months, please check back for availability in fall
Contact Carlene at 403-782-6637 for more information.

Caregiver Support Group:

This support group provides a safe space for caregivers to share their experiences and exchange practical information on coping and caring for loved ones living with dementia or cognitive impairment.

Drop in for this program on the 1st and 3rd Friday of every month from 10-11:30am at Mary C. Moore Library.

Contact Shelby at 403-342-0448 for more information.

Opening Minds through Art:

Opening Minds through Art is an intergenerational, art-based program where participants are paired with a college student to guide them through the processes and create the opportunity to engage in decision making, develop relationships, and communicate through creative expression.

Dates TBA

Register by calling Carlene at 403-782-6637.

Eco Vision/ Friends of the Garden and Goats: In partnership with the Lacombe Composite High School- Eco Vision program, participants will work alongside high school students and assist with gardening and animal care.

This program runs year-round, activities are guided by a volunteer and adjusted based on season and weather.

Wednesdays between 3:30-7 pm, flexible scheduling is available to accommodate participants.

Register by calling Carlene at 403-782-6637 or Helle at 403-597-3432.

Music for People with Dementia: a 12 week session offering a variety of musical programming to enrich lives, increase mood, and build an inclusive lifestyle for people with dementia

Tuesdays 10:30am- 11:30am April 3-May 29 at the Lacombe Performing Arts Center

Register by calling 403-588-4386 or email admin@lacombePAC.com.

Minds in Motion: offered virtually

Minds in Motion is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia to enjoy with a friend, family or care partner. The program combines physical activity and mental stimulation in a social environment.

Tuesdays 2:00-4:00PM March 27-May 15

Register by calling Shannon at 1-866-950-5465.