

DEMENTIA CONNECTIONS

Connect. Support. Share.



DEMENTIA CARE PARTNER SUPPORT GROUP

Fourth Tuesday of each month (No group in July) | 7:00 PM
Community & Social Development Office (107-4613 52 Ave, Stony Plain)
FREE – Drop In

Supportive and caring group for care partners of people living with dementia. The group is facilitated by the Alzheimer's Society of Alberta.



MUSIC FOR THE SOUL

Sept 24 | Oct 29 | Nov 26 | 11:00 AM
Grace Notes (101 First Ave, Spruce Grove)
FREE – Register by calling 780.963.8583 or email connect@stonyplain.com

Take a trip down memory land and sing your favourites during this hour-long sing-along with Lauren, owner of Grace Notes in Spruce Grove.



LET'S MOVE IT!

Tuesdays (Oct 7 to Nov 4) | 10:30 AM to 11:45 AM
TransAlta Tri Leisure Centre (221 Jennifer Heil Way, Spruce Grove)
FREE – Register by calling 780.963.8583

A specialized, 60-minute fitness program designed for individuals living with dementia and their care partner. Register to join in the fun!



TRAIL EXPLORERS

July 2 | July 30 | Aug 27 | Sept 24 | Stony Plain Perks (4200 Veterans Blvd.)
July 16 | Aug 13 | Sept 10 | Spruce Grove Central Park (9 Agrena Rd.)
FREE – Drop In – 10:30 AM start weather permitting

Join us for a free one hour walk and talk for people living with dementia and their care partners with a team of dedicated volunteers.

Contact our friendly Community Connector for assistance with Dementia Service Navigation.

PROJECT IN PARTNERSHIP WITH THE WESTVIEW DEMENTIA COLLABORATIVE

Community & Social Development
107-4613 52 Ave, Stony Plain

780.963.8583 | connect@stonyplain.com
www.stonyplain.com/CSD

