

# DEMENTIA CONNECTIONS

Bringing people living with dementia, care partners, & older adults together.

## TRAIL EXPLORERS

Join us for Trail Explorers, a welcoming one-hour walk and talk led by caring volunteers. Designed for people living with dementia and their care partners, older adults from the community are also welcome to join.

Free | Drop-in | No registration required  
Stony Plain: Meet at Perk's: June 3, July 8, July 29, Aug 19, Sept 16  
Spruce Grove: Meet at Perk's: June 17, July 15, Aug 5, Sept 2, Sept 30  
780-963-8583 | [connect@stonyplain.com](mailto:connect@stonyplain.com)

## DEMENTIA CARE PARTNER SUPPORT GROUP

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

Fourth Tuesday each month | 7 PM | Community and Social Development Office Unit 107, 4613-52 Avenue  
Free | Drop-in | No registration required

## LET'S MOVE IT!

A 5-week fitness program for individuals living with dementia and their care partners. Enjoy light physical activity, social connection, and the opportunity to meet others on the dementia journey.

Tuesdays, 10:30-11:30 AM | April 14 - May 12  
TransAlta Tri Leisure Centre, Spruce Grove

Free | Register with Town of Stony Plain Community and Social Development  
780-963-8583 | [connect@stonyplain.com](mailto:connect@stonyplain.com)

## GATHER & CONNECT COFFEE BREAK

A welcoming space for people living with dementia, care partners, and older adults to socialize, and connect. Everyone is invited to join for conversation, connection, and a warm cup of coffee.

Free | Drop-in | No registration required |  
April 27, May 25, June 29, July 27, Aug 24, Sept 28 |  
1:30 PM | Cantiro Wellness Centre, 344 Pioneer Road  
Spruce Grove

## CREATING CONNECTIONS THROUGH ART

A 3-part facilitated art class for individuals living with dementia and their care partners. No experience needed. Enjoy a small, welcoming group and connect through creativity. Space is limited.

April 8, 15, 22 | 1 - 2:30 PM  
Register with Town of Stony Plain Community and Social Development  
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