



# Living Well with Dementia Workshops

For people living with Dementia and carers. All workshops are held at the 5 Senses Garden

On the 1st and 3rd Thursday of the month, 11am - 1pm

Morning Tea Cost: \$5      Workshop Cost: \$20      Light lunch or morning tea provided

To book call 9799 5099 or email [emel@iwna.com.au](mailto:emel@iwna.com.au)

Morning teas in the garden will incorporate music and song, allowing participants to connect familiar tunes.

### 7 March: 7 Art Therapy

Get crafty in the garden with Emel. We'll explore the garden and collect leaves, seeds and flowers to transform into wearable art.



### 21 March: Mystery Outing.

Come along with us on a mystery outing! This outing is a corporate partnership in conjunction with our mini outing clients.

**Pick-up:** Clients meet at Cintra Park Netball Courts Car Park, Concord (entry via Crane St)

**Time:** 10:30am at pick-up location.

### 4 April: Dance Therapy with DHA

Join a qualified dance instructor at the 5 Senses garden to exercise your body and mind! This workshop will include seated movement, and brain training with tunes you'll know and love.



### 18 April: Morning Tea

Join like minded people for a relaxed morning tea in the garden with lively conversation and music to tap your toes to.



### 2 May Music Therapy

Our Music Therapy groups are always so much fun! Music therapist Michael, gently leads everyone to discover they have more musical skills than they thought. Together we'll learn and create music with each other.



### 16 May: Morning Tea

Our morning tea today includes a guest speaker. Healthy aging advisor and Psychologist Anne Tunks will be with us to provide information and answer some of your age related questions.

