

# Activity Group & Peer Support 2016

The Activity Group is a group open to people with any form of Dementia, of any age group, their Carers and to anyone else with an interest in the well-being of those with Dementia.

The group organises informal gatherings on a monthly basis, at a variety of local points of interest.

These activities are styled on the idea of a social picnic, with people getting together over a coffee (or any other beverage) to relax in a non-threatening atmosphere. We are also a conduit to feed ideas and opinions to the “Kiama Dementia Advisory Committee” and the “Dementia-Friendly” Pilot Program in Kiama.

## Meeting Dates for Southern Dementia Activity Group

|                                   |   |
|-----------------------------------|---|
| Tuesday, <b>8 March</b> 2016      | Currarong<br>– The waterfront Park near the local store |
| Tuesday, <b>12 April</b> 2016     | 7 Mile Beach<br>– National Park Picnic Grounds          |
| Tuesday, <b>10 May</b> 2016       | Jamberoo<br>– Park-Picnic Area near roundabout          |
| Tuesday, <b>14 June</b> 2016      | Minnamurra<br>-Beach/Reserve                            |
| Tuesday, <b>12 July</b> 2016      | Ulladulla<br>– Park North of Harbour                    |
| Tuesday, <b>9 August</b> 2016     | GreenFields Park - Jervis Bay<br>– via Vincentia        |
| Tuesday, <b>13 September</b> 2016 | Shoalhaven Heads<br>- Location to be determined         |
| Tuesday, <b>11 October</b> 2016   | GreenPatch - Jervis Bay.<br>- National Park entry       |
| Tuesday, <b>8 November</b> 2016   | Kangaroo Valley<br>– Location to be determined          |
| Tuesday, <b>6 December</b> 2016   | Kiama<br>– Location to be determined                    |

We meet about 10:30 am for Coffee and Comradery. Bring a snack or even lunch. Together we DO make a difference!

*For more information E-Mail*

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Education → Acceptance → Understanding  
Together **W**e **DO** **M**ake a **D**ifference