**The Limerick Dementia Social Club**

for Persons with Dementia and their Carers and all seeking support with Dementia.

“WE MAY NOT HAVE IT ALL TOGETHER

BUT TOGETHER WE HAVE IT ALL”

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Join us the first Wednesday of every month for a chat, cuppa and fun activity.

**Our Lady of Lourdes Community Centre, Childers Rd. Rosbrien.**

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| **Wednesday 3rd April**  6:30pm to 8:30pm | **Communication and Dementia** *by Speech and Language Therapist Niamh Ruddle*  **Easter Card Making Workshop** *with Occupational Therapist Breda Collins*  **Finger Knitting** *with Rachel Neville*  **Card Games** |
| **Wednesday 1st May**  6:30pm to 8:30pm | **Bealtaine Theme Dance** *with Morgan Senter, U.L. Dance Academy*  **Relaxation & Hand Massage Workshop** *with Dympna Tuohy Nurse & Lecturer and Teresa Tuohy Nurse & Lecturer* |
| **Wednesday 5th June**  6:30pm to 8:30pm | **Swallowing Difficulties and Dementia** *by Speech and Language Therapist Niamh Ruddle*  **Talk on** **Nutrition and Dementia** *by Teresa Tuohy*  **Music Therapy** *with Music Therapist Sarah Keating* |
| **Wednesday 3rd July**  6:30pm to 8:30pm | **Bone Health** **Talk** *by Clinical Nurse Specialist Caroline Ryan*  **Move it or Lose it: The Importance of staying Active** *with Public Health Nurse* *Mags O’Sullivan*  **Carepals Mild Fun Activity Session** |

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