**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** |

Contact 085 196 3985 for any queries.

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