**Limerick Dementia Social Club**

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

**Limerick Dementia**

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**Social Club**

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

**Our Lady of Lourdes Community Centre,**

**Childers Rd. Rosbrien, Limerick.**

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| **Wednesday 6th Nov**6pm to 9pm | **C:\Users\bacollins\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5K2NUQ58\happy_birthday_balloons[1].jpg****1st Year Birthday Celebration**  |
| **Wednesday 4th Dec**6:30pm to 8:30pm | **Activator Poles promote balance, mobility and strength for older people** *with Ciarra Mc Inerney from Limerick Sports Partnership***Christmas Party** *with Carol Singing and Surprise Guest* |
| **Wednesday 8th Jan** 6:30pm to 8:30pm | **Art Therapy Information Session****Continence Talk** *with Mags O’Sullivan, PHN* |

 Contact 085 196 3985 for any queries.

Email: limerickdementiasc@gmail.com