



**New in 2021 the Rotary Clubs of Crows Nest, Northbridge, North Sydney and North Sydney Sunrise invite you to:**

## A monthly café especially for people living with dementia, their families and carers

Enjoy gentle exercises, hear from guest speakers, try your hand at a game or puzzle, chat over a morning cuppa and share your experiences with others who understand.

### **4th Wednesday of the month\***

28 April, 26 May, 23 June,  
28 July, 25 August, 22 September,  
27 October and 24 November

*\*Subject to COVID safety requirements.*

**Time: 10am to 12 noon**

**Venue:** Crows Nest Centre  
2 Ernest Place, Crows Nest



### **Bookings are essential**

Contact: **Valerie Willemsen**,  
Community Support Manager

Please feel free to discuss any special needs including help with transport.

Phone: 9439 5122

Email: [communitysupport@crowsnestcentre.org.au](mailto:communitysupport@crowsnestcentre.org.au)

[www.crowsnestcentre.org.au](http://www.crowsnestcentre.org.au)

