



The Rotary Clubs of Crows Nest, Northbridge 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.

2024: 4th Wednesday each month*

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

www.crowsnestcentre.org.au

