Coming up November/December

Education

**NAVIGATING DEMENTIA**
A ninety-minute introductory session for anyone with questions about dementia

*Kapiti* – November 7th 1.00pm at Kapiti Library
*Tawa* – November 12th – 10.30 to 11.30am at Tawa Library
*Wellington* – November 28th – 6.30pm – Kilbirnie Library

**LIVING WELL WITH A COGNITIVE IMPAIRMENT**
A two- session course for anyone recently diagnosed with Mild Cognitive Impairment or early-stage dementia

*Next course is in 2020 - Dates and venues to be confirmed*

**DEMENTIA ESSENTIALS MID STAGE**
A three-session course for family and friends supporting a person in the mid stage of dementia living at home

*Next course is in 2020 - Dates and venues to be confirmed*

**DEMENTIA ESSENTIALS LATE STAGE**
A three-session course for family and friends supporting a person in the late stage of dementia, living in a care facility

*Next course is in 2020 - Dates and venues to be confirmed*

**SEMINARS**
Ninety minute seminars on dementia related topics

*Next seminars are in 2020 - Dates and venues to be confirmed*
Living Well Activities

**LIVING WELL RONGATAI**

A FORTNIGHTLY meet up for people in the early stages of dementia
Wellington – Second and Fourth Tuesday of the month, 1.30pm to 3.00pm

**ASSISTED GOLF**

Upper Hutt - For golfers with dementia, the Royal Wellington Golf club offers Assisted Golf once a month on a Monday. Contact Tone for more information or to register – tone@sfx.co.nz

**COG CAFES**

Casual monthly meetups for people with dementia and their supporters –
Mondays 10am to 11am

Kapiti – Second and fourth Monday of the month (Lindale Café, Paraparamu) **25th Nov, 9th Dec**
Wellington – Third Monday of the month (Picnic café, Botanic Gardens) **18 Nov, 16 Dec**
Porirua – Fourth Monday of the month (Mitre 10 Mega Café) **25th Nov**
Petone – Last Monday of the month (Mitre 10 Mega Café) **25th Nov**
Upper Hutt – Second Monday of the month (Mitre 10 Mega Café) **9th Dec**

**Supporter Group meetings**

Monthly groups for anyone supporting a person with dementia
Kapiti – Second Thursday of the month 1.30pm (call office to confirm venue)
Wellington – Second Monday of the month, 10am at Karori Library
Porirua – Second Wednesday of the month, 10.30am at Kemp Hall, Porirua
Lower Hutt – Third Wednesday of the month, 1pm at Petone Community House
Upper Hutt – Fourth Thursday of the month 2.00pm at Summerset Village, Trentham

To find out more information or to register for any of our courses

Contact us on **(04) 972 2595** or email **admin@dementiawellington.org.nz**