

Friendships

**Emotional
Support**

**Social
Catch-Up Cuppas**

Networking

**Family Carer
Support
Group**

**Seminars
Workshops**

Thank you GTPRINT



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www.gtprint.com

Dementia Network Sunshine Coast

Event Calendar/Planner 2024

Contact:

Lorrae or Vince O'Rourke: carersoutlook@gmail.com

0418 298 183 www.scdementia.com.au

Facebook: dementia network sunshine coast



**Recreation
Enjoyment
Fun**

**Dementia
Information**

**Referrals:
Respite,
Legal,
Advocacy,
Financial,
Counselling**

**Dementia
Choir**

**Ageless Grace
Exercise**

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Please do not copy or
share photographs.

Thank you Just 8's Car Club for helping to fund this printing.

0406 000 065

<https://www.just8s.com.au/>



Being kind to yourself in thoughts, words and actions is as important as being kind to others. You are a gift. Life is a gift.

JANUARY, 2024

Each day comes bearing its gifts. Untie the ribbon. Ann Ruth Schabacker

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Public Holiday New Year’s Day	2	3	4	5	6	7
8	9	10	11 Nambour Catch-Up Cuppa Nambour RSL, 14 Mathew St 10.15 am	12	13	14
15	16	17	18	19	20	21

22	23	24	25	26 Public Holiday Australia Day	27	28
29	30	31 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd., Maleny 10 am				

NOTES



FEBRUARY, 2024

One word frees us of all the weight and pain of life: That word is love.
Sophocles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12noon	2	3	4
5	6 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	7	8 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12am	9 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30am	10	11
12	13 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	14	15	16	17	18

19	20 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12noon	21 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	22	23 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	24	25
26	27 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	28 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	29			

NOTES

Valentine's Day. 14th. Celebrate love. Make memories.

Do everything with love.



MARCH, 2024

Do not be afraid...for He is risen
Matthew 28:5-6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	6	7 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon	8 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	9	10
11	12 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	13 Presentation Dementia & Carer Role Sundale, 4 Wembley Rd, Coolum Beach. 9 – 11.30 am. For anyone.	14 Nambour Catch-Up Cuppa Nambour RSL, 14 Mathew St 10.15 am	15	16	17

18	19 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	20	21	22 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	23	24
25	26 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon Presentation Psych students U of Qld	27 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am	28	29 Public Holiday Good Friday	30 Easter Saturday	31 Easter Sunday

NOTES

International Women's Day, 8th. A global holiday celebrated annually as a focal point in the women's rights movement.

St Patrick's Day, 17th. Celebrates the feast of Saint Patrick in honour of Ireland's patron St Patrick.

Harmony Day, 21st. Celebrates cultural diversity.

Neighbour Day, 31st. Relationships Australia (Qld) Look out for each other. Get to know your neighbours.

Easter is a Christian festival commemorating the crucifixion and resurrection of Jesus from the dead



A musical afternoon including the Dementia Choir, Sunshine Singers, at the St Andrew's Anglican Church, Caloundra attracted 140 attendees.

APRIL, 2024

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. We will remember them. Laurence Binyon; Poems of the Great War 1914

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Easter Monday Public Holiday	2 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon Presentation: Gracie Dixon Centre Bundaberg	3	4 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon	5	6	7
8	9 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	10	11 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore 10.15 – 12 noon	12	13	14
15	16 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	17 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	18	19 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	20	21

22	23 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	24 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	25 Public Holiday Anzac Day	26	27	28
29	30 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon					

NOTES

Anzac Day, 25th commemorates when Australian and New Zealand soldiers landed on Gallipoli, 1915, WW1. *We remember them.*

MAY, 2024

*In this life, we cannot do great things. We can only do
small things with great love.* Mother Teresa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon	3 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	4	5
6 Public Holiday Labour Day	7 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	8	9 Nambour Catch-Up Cuppa RSL,14 Mathew St, Nambour 10.15 am	10	11	12 Mother's Day
13	14 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	15	16	17 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	18	19

20	21 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	22	23	24	25	26
27	28 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	29 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am	30	31 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am		

NOTES

Labour Day celebrates victory for workers started in Spain, 1593 (40-hour week movement) the 8-hour working, 8-hour recreation, 8-hour sleep day.

Mother's Day was recognised formally in 1914 with a Bill signed by US President Woodrow Wilson.

Gympie Show, Gympie Showgrounds. 16th, 17th, 18th. 5482 1721

Maleny Show, Maleny Showgrounds. 31st May & Sat 1st June. 5494 2008

Caloundra Show Holiday, 31st

Fun and laughter at Exercise



When the world is silent, even one voice becomes powerful. Malala Yousafzai

JUNE, 2024

In any given moment, we have two options: to step forward into growth or to step back into safety. Abraham Maslow

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	5	6 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon	7	8	9
10	11 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	12	13 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon	14 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	15	16

17	18 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	19 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	20	21	22	23
24	25 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	26 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	27	28	29	30

NOTES

Queensland Day. 6th. Celebrations are part of Qld Week, which focuses on the state's history and development.

World Elder Abuse Awareness Day, 15th June. A day to voice oppositions of the abuse of older people.

Sunshine Coast Agricultural Show, Nambour Showgrounds. 14h, 15th & 16th. 5441 2766

Elder Abuse can be:

Emotional and Psychological – inflicting mental anguish

Sexual – Language. Includes devices, phone, videos and images

Social – Isolating a person and preventing visitors or preventing the adult to go out

Physical – Deliberately causing physical pain or injury

Financial – The illegal, improper use and /or mismanagement of a person's property or resources

Aged and Disability Advocacy Australia: 1800 818 338

JULY, 2024

Gardening is the greatest tonic and therapy a human being can have. Even if you have only a tiny piece of earth, you can create something beautiful, which we all have a great need for. If we begin by respecting plants, it's inevitable we'll respect people. Audrey Hepburn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	3	4 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon	5	6	7
8	9 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	10	11 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am	12 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	13	14
15	16 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	17	18	19	20	21

22	23 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	24	25	26 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	27	28
29	30 Exercise Ageless Grace Laurel Springs, 18 Doolan Street, Nambour 10 – 12 noon	31 Maleny Catch-Up Cuppa, Tranquil Park, 483 Mountain View Rd 10- 12 noon				

NOTES

NAIDOC (National Aboriginal and Islander Day Observance Committee). Sunday, 7th The first day of the Week kicks off the seven days of festivities that celebrate the culture of the native people of Australia.

Queensland Garden Expo, Nambour Showgrounds. Thursday 4th, Friday 5th, Saturday 6th, Sunday, 7th. 5441 4655



Friendship is a sheltering tree. Taylor Coleridge

AUGUST, 2024

Real friends are the ones you can count on no matter what. The ones who go into the forest to find you and bring you home. Mindy Kaling

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon	2	3	4
5	6 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	7	8 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon	9 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	10	11
12	13 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	14	15	16	17	18

19	20 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	21 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	22	23 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	24	25
26	27 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	28 Caloundra Catch-Up Cuppa RSL,19 West Tce 10.15 am	29	30		

NOTES

Dental Health Week 7 – 13



People diagnosed with dementia and their families and friends come together, to enjoy and to give and receive support.

SEPTEMBER, 2024: Dementia Month

There are always flowers for those who want to see them.

Henri Matisse

Dementia Conference TBC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1 Father's Day
2	3 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	4	5 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon	6 Dementia Ecumenical Service Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	7	8
9	10 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	11	12 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15– 12 noon	13	14	15

16	17 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	18	19	20	21 World Dementia Day	22
23	24 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	25 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 -12 noon	26	27	28	29

NOTES

Spring, 1st. First Day of Spring.

Dementia Ecumenical Service
Faith, Hope & Love



OCTOBER, 2024:

Carer's Week, Seniors Month, Mental Health Week

It is during our darkest moments that we must focus to see the light. Aristotle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	2	3 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12	4 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	5	6
7 Public Holiday Kings Birthday	8 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	9 I AGE WELL EXPO Caloundra Turf Club 9 am - 1 pm	10 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon	11	12	13
14	15 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	16 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	17	18 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	19	20

21	22 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	23	24	25	26	27
28	29 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	30 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 – 12 noon	31			

NOTES

International Day of Older People was established by the United Nations. Tuesday, 1st.

Grandparent's Day, Sunday, 27th.

IAGEWELL Seniors Expo Festival: expo@iagewell.com.au 3041 1355 Wed, 9th, 9 am – 1 pm. Turf Club, Caloundra.

Mental Health Week QLD. 7th. www.qldmentalhealthweek.org.au

Halloween's Day, 31st. Halloween is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Saints' Day. It begins the observance of All Hallowtide, the time in the liturgical year dedicated to remembering the dead, including saints, martyrs and all the faithful departed.

Carers Week Sun 13th – Sat 19th. 2.65 million Australians provide care to family members or friends.

Carers Queensland 1300 747 636

Carers Gateway - Wellways 1800 422 737



Let no one ever come to you without leaving better and happier. Be the living expression of kindness: kindness in your face, kindness in your eyes, kindness in your smile.

NOVEMBER, 2024

Mother Teresa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	2	3
4	5 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	6	7 Family Carer Support Group 50 Savilles Rd, Nambour 10 – 12 noon	8	9	10
11	12 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	13	14 Nambour Catch-Up Cuppa RSL 14 Mathew St, Nambour 10.15 -12 noon	15 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	16	17

18	19 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	20	21	22	23	24
25	26 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	27 Maleny Catch-Up Cuppa Tranquil Park, 483 Mountain View Rd 10 am – 12 noon	28	29 Dementia Choir Sunshine Singers Anglican Church, 46 Upper Gay Tce, Caloundra 10 –11.30 am	30	

NOTES

Melbourne Cup Day. Tuesday, 5th. An Australian traditional horse race starting in 1861.

Remembrance Day. Monday, 11th. Dedicated to Australians who died particularly in WW1.

11am: One minute's silence.

World Kindness Day. Wednesday, 13th. Commemorates the power of kindness and the impact it has on others.

Recreational activities foster relationships and friendships.



DECEMBER, 2024

Christmas may be a day of feasting or of prayer, but always, it will be a day of remembrance—a day in which we think of everything we have ever loved. Augusta E. Randel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 New Year's Eve					1
2	3 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	4	5 Family Carer Support Group 50 Savilles Rd, Nambour. 10 – 12 noon	6	7	8
9	10 Exercise Ageless Grace Laurel Springs Village Clubhouse 18 Doolan Street, Nambour 10 – 12 noon	11	12 Maroochydore Catch-Up Cuppa Maroochy RSL, 105 Memorial Av Maroochydore. 10.15 – 12 noon	13 Dementia Choir Sunshine Singers Ecumenical Christmas Service Anglican Church, 46 Upper Gay Tce, Caloundra 10 –12 noon	14	15

16	17	18 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 – 12 noon	19	20	21	22
23	24 Christmas Eve	25 Public Holiday Christmas Day	26 Public Holiday Boxing Day	27 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 – 12 noon	28	29

NOTES

13th Christmas service, singing and morning tea. Dementia Choir at the Anglican Church, Caloundra. Free.



Xmas Concert, Caloundra RSL; Neuma Church donated Christmas hampers.

DEMENTIA NETWORK Sunshine Coast

Is an independent community grassroots voluntary service for people diagnosed with dementia, family carers, family members, friends & staff which provides information, referrals, gatherings, education & awareness.

It has been facilitated by Carers Outlook, Vince and Lorrae O'Rourke for about 12 years. Both have the lived experience of caring for loved ones diagnosed with dementia.

THANKYOU to all participants for your spirit of care, compassion and sharing. **One day at a time.**

Vanessa Drewery, My Care Specialist, 0401 716 776 for volunteering and support.

Laurel Springs Village for the exercise venue. Denise and Meghan!

Vicki Doolan and Stuart Lomax, Ageless Grace. Stuart for CARS. Vicki Howell for assisting.

St Andrew's Church for the choir venue, raffle and donations. Anne Bowyer and Rev Jeanette for choir and ecumenical service leadership. Volunteers for morning tea etc.

Estia Health for morning tea items and donation.

Opal Health for donation for CWA Hall Hire.

New Staff Home Care Support. Peta Simpson & Steven Walker.

Caloundra RSL for the CUC room and raffle opportunity. Yvette and RSL staff!

Nambour RSL for room space for the CUC and meetings.

Tranquil Park Maleny and **Coolum Surf Club** for assistance with the CUC.

Mooloolaba TAFE for the conference venue. Prue and staff.

MMLaw Peter Porcellini, 5443 1800 for donation, MC role and legal guidance to carers.

Heart in Hand Support Services, 0421 331381 for Conference donation. May and team.

Lions Club Caloundra for donation for the Carers Month morning tea.

Sage Care Advice, 5322 5333 for donation.

Carers Gateway-Wellways, 1800 422 737 for funding Dementia Month CUC.

Just 8's Car Club for the donation for the printing of the 2023 & 2024 Calendar Planner.

Ageless Grace: Vicki and Stuart for donation.

Officeworks Maroochydore for discount on conference items.

Aileen and Mal for the fundraising stall at the Cooroora Woodcraft Show.

Peter and Gayle for their kind donation.

Neuma Church for donation of Christmas hampers.

Talented Friends by Laura Art Gallery for commission on sales.

The many participants who have donated.

The many speakers and panellists at the dementia conference, seminar and events.



Seminar panel: Choosing respite and residential care. Sponsored by Caloundra RSL.



CUCs: social, fun, lucky door prizes, information sharing, emotional support.



Dementia Choir: singing, listening to music, reading, socializing and FUN for all. Couple's activity.



Ageless Grace: Chair exercises to music. Socializing. FUN for all. Couple's activity.



DEMENTIA NETWORK EVENTS 2024

Please Register. There will be added events and speakers during the year.

Contact: Lorrae 0418 298 183 (Tues – Frid business hrs)
carersoutlook@gmail.com www.scdementia.com.au
Facebook: Dementia Network Sunshine Coast
Register; for more information; to be placed on the email list.

EVENT	FOR	LOCATION	DATE AND TIME	COSTS
Family Carer Support Group	Family/friend carers (unpaid carers) and post-carers only	Carers Outlook 50 Savilles Road, Nambour	1 st Thurs of month 10am-12noon Feb 1; Mar 7; April 4; May 2; June 6; July 4; Aug 1; Sept 5; Oct 3; Nov 7; Dec 5	Donation. Morning tea provided.
Ageless Grace Exercises Body, Brain & Mental Health (Gentle chair exercise to music) Vicki Doolan, 0409 526 982, Stuart; Vicki Howell, Lorrae	Person with dementia, family carer or paid carer, friend to support,	Laurel Springs Clubhouse, 18 Doolan Street, Nambour	Tuesdays , weekly 10am -12 noon From Feb 6. Not operating Nov 5 (Melbourne Cup)	\$10 individual; \$15 a couple Includes morning tea, Payment can be via My Aged Care or NDIS packages.
Dementia Choir, Sunshine Singers Conductor: Anne Bowyer 0416 921 963; Rev Jeanette. Lorrae: 0418 298 183	Person with dementia or related disorder, family carer, or paid carer or friend. Support person <u>must</u> attend.	Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. Ramp on left side.	Fridays , Fortnightly, <u>school terms</u> , 10-11.30 am From Feb 9	Donation. Morning tea provided.
Catch – Up Cuppas (CUC) Social gathering with those who understand.	Person with dementia or related disorder, family carer, or paid carer or friend.	Caloundra RSL , 19 West Tce., Caloundra.	Last Wed Bi-monthly 10.15 am Feb 28; Ap 24; June 26; Aug 28; Oct 30; Dec 27 (not 25 th)	Self-pay. Sometimes stay for lunch
Most of these venues do not open until 10 am.		Maleny, Tranquil Park , 483 Mountain View Rd., Maleny	Last Wed Bi-monthly 10.15 am Jan 31; Mar 27; May 29; July 31; Sept 25; Nov 27	Self-pay. \$12.50 each. No lunch afterwards.
www.scdementia.com.au for more information		Coolum Surf Life Saving Club , 1775 David Low Way, Coolum Beach	3 rd Wed Bi-monthly 10.15 am Feb 21; April 17; June 19; Aug 21; Oct 16; Dec 18	Self-pay. Sometimes stay for lunch
		Nambour RSL , 14 Mathew St., Nambour	2 nd Thurs Bi-monthly 10.15am Jan 11; Mar 14; May 9; July 11; Sept 12; Nov 14	Self-pay. Sometimes stay for lunch
NEW VENUE		Maroochy RSL , 105 Memorial Av., Maroochydore.	2 nd Thurs Bi-monthly 10.15am Feb 8; April 11; June 13; Aug 8; Oct 10; Dec 12	Self-pay. Sometimes stay for lunch



Some of the
many faces of
the Dementia
Network