

# Burnaby Dementia Friends Café



## Sep 28: Introduction to Brain Health

Learn how to maintain and improve your brain health.

- What is a healthy brain?
- What is dementia?
- Risk reduction
- Memory and brain training



## Oct 26: Creating a Safe Home

Identify safety risks and prevent accidents at home.

- Safety measures for medications
- Food safety
- Hazardous substances



## Nov 30: Preparing for Holidays

Learn how to minimize stress during the holidays.

- Explore tips to make holiday plans
- Prepare meaningful activities
- Learn how to maximize social connection



## Dec 21: Meet the UBC IDEA LAB

Come have fun, play games, win prizes!

- See the "Social Robots" in action
- Play with the music headphones



### When:

Last Thursday of  
each month  
In Sep, Oct, Nov, Dec  
12:00–2:00 pm

### Where:

South Burnaby  
Neighbourhood House  
4460 Beresford Street

To register, contact:

faryar@bbyseniors.ca  
604-375-5778



Alzheimer Society  
BRITISH COLUMBIA



We acknowledge the financial support of the Province of British Columbia and the United Way of British Columbia



Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island