

# Burnaby Dementia Friends Café



## January 25: Wishlist for 2024

Learn how to set meaningful goals for the new year!



## February 29: Dementia Awareness

Learn how to openly and respectfully talk about dementia

- Include voices of people with dementia
- Create a more inclusive community



## March 28: Healthy and Affordable Recipes

Learn about

- Canada's Food Guide to healthy eating
- Recipes that are healthy and cheap to make



## April 25: Senior Safety Awareness

Burnaby Crime Prevention Unit will tell us how to

- Tell the difference between emergency and non-emergency
- Keep yourself safe
- Keep your home safe
- Protect yourself from frauds and scams

**Come to our café to share time together, enjoy snacks, sing and dance together, practice yoga and play games!**



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

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

### When:

Last Thursday of each month 12:00–2:00 pm

### Where:

South Burnaby  
Neighbourhood House  
4460 Beresford Street

### To register, contact:

faryar@bbyseniors.ca  
604-375-5778