# 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

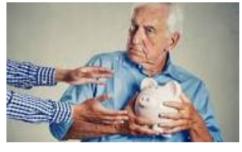
- Include voices of people with dementia
- Create a more inclusive community



# 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, pratice 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