



DCaf Connections

Hornsby/Ku-ring-gai (since 2018)

DCaf's original weekly **social café** - independently set up and run by our vibrant and cohesive team of **volunteers** and **participants**.

We **welcome new families** living with **mild cognitive impairment** or **early dementia** - and **new volunteers** - to join us on Thursday mornings in Warrawee 2074.

Weekly social café for families
Thursdays 10.00am to 12.00pm

Including:

Monthly conversational café for carers
Thursdays (week 1)

Monthly musical café for families
Thursdays (week 3)

What do we enjoy weekly?

friendly and **supportive camaraderie**

fitness (memory - balance - co-ordination)

mentally and **physically stimulating indoor** and **outdoor activities**

information about **community services** and **places** of interest

Would you like to join us? Bookings essential.

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www.facebook.com/DCaf-Connections