

COMMUNITY GROUP MEETINGS - *call to confirm details*

Alouette Field Naturalists Group

Meets: 2nd Thursday each month 7:00-9pm
Contact: Duanne van den Berg 604-463-8743

Alzheimer Society: Support Group

Meets: 2nd Tuesday each month
Time: 7:00-9:00pm (at Greystone Manor)
Please RSVP Phone 604-298-0711 or email
info.northfraser@alzheimerbc.org

Alzheimer Society: Minds in Motion Registered Program

Meets: Fridays, 10:30am-noon
(*call ahead to confirm location*)
A fitness & social program for those with
early dementia.
Contact: Kate 604-675-5156

Begin Again Support Group

A grief support group that supports
widowed and divorced women.
Meets: last Friday each month
Time: 2:00-4:00pm (*call ahead to confirm*)
Contact: Donna 466-1173 or Sheila 467-7183

Cameo Group

A social group for people to meet new friends.
Meets: Thursdays
Time: 1:00-3:00pm (*call ahead to confirm*)
Contact: Gail 604-463-0539

Caregivers Connect

Information and support for caregivers
caring for loved ones at home.
Contact Bev S. 604-380-0516

Caregivers Support Group

Meets: (*call ahead to confirm location*)
Contact Bev S. 604-380-0516

Intergenerational Garden (Feb. thru Oct.)

Meets: 4th Tuesday each month 2-3:30pm
Contact: Heather 604-837-8915
Email: gardencoord@gmail.com

Parkinson's Support Group

Meets: 2nd Wednesday each month
Time: 2:00-4:00pm (*call ahead to confirm*)
Contact: Edith 604-463-6018

Stroke Recovery Program

Meets: most Fridays
Time: noon-2:00pm (*call ahead to confirm*)
Contact: Jacyln 778-883-2569

T.O.P.S. Chapter #1368

Meets: Thursdays
Time: 6:00pm
Contact: Carol Rozell 604-996-2062

T.O.P.S. Chapter #2304

Meets : Mondays
Time: 6:00pm
Contact: Linda 604-467-2558

Town 'N Country Square Dancers

Meets: Mondays 7:00 - 9:30pm
(*call ahead to confirm location*)
Contact: Peter & Lucille 604-380-0130

