AlzWell Social Club
12:30-3 p.m. on selected Saturdays and Sundays in White Plains

A free program including lunch for people with early- and middle-stage dementia and their caregivers to get out, socialize and enjoy a variety of creative activities in a warm and understanding environment.

Call 800.272.3900 for prescreening.

Activities include:
Creative writing, trivia games, singing, ice-cream socials, clay art projects, choral groups and sing-alongs, light yoga, dance, art projects and socializing as well as stress-relief exercises.

Dates and specific location will be provided following prescreening.