



**FOR MORE
INFORMATION
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Live Life Better
•
Connecting Community

**Parkgate Community Centre
3625 Banff Court,
North Vancouver, BC
V7H 2Z8**

Our Funders:



My Parkgate BREAK



**Community Dementia
Day Program**



My Parkgate BREAK

Community Dementia Day Program

My Parkgate BREAK is a gathering place for individuals experiencing the changes associated with early to moderate dementia. The twice weekly program is supported by staff and trained community volunteers who share in the value that we can do more together than apart. My Parkgate BREAK provides low cost creative care in the form of fellowship, fitness, leisure and social activities, with a mission to support and enhance the lives of all who participate. The safety of our members is also of utmost importance to us: appropriate health and safety measures are always stringently followed.

**Please call for
information on
intake and
eligibility
604.983.6373**



**Are You Caring for
Someone with Dementia?
We can help.**

Eligibility:

Designed for individuals with early to moderate dementia living alone or with a family caregiver.

Respite:

This program is offered at Parkgate Community Centre. We provide people in the community living with dementia advanced social, recreational and therapeutic programs in addition to an opportunity to socialize with other members, volunteers, staff and community centre guests.

Activities:

Our program is person-directed and therefore activities vary depending on current members of the program. Many of our activities are intergenerational and focus on maintaining physical, cognitive and mental health at the highest level possible. Such activities in Brain and Body Fitness, Music, Conversation, Art, Gardening, Walking and much more.