






DEMENTIA WELLINGTON CARERS BIG DAY OUT

Paraparaumu Golf Club.



Thursday September 21st – schedule

TIME	CARERS ACTIVITIES (Club room)	Person With Dementia ACTIVITIES (Board room)
10:00	Arrival and morning tea	
10:30- 10:35	Welcome	Welcome
10:35- 11:15	Well Elder Jane Leogreen WellElder believes that we all face challenges as we age. We are never too old to learn new skills, change behaviours, for in insight and understanding, and maintain good emotional health Well Elder website	Music therapy Rani Allan  Music for Life website
Down time, mingle, comfort break.		
11:30- 12:15	Music Therapy Rani Allan OR beach walk 	Art Therapy Rohan Trueman and Margo Janke-Gilman  (Ocean theme)
Down time, mingle, comfort break.		
12:30- 13:45	Buffet lunch	

Putting practise



(There is a putting green outside the clubhouse that we can use on the day)

13:45-14:30 Give your mind a break!
In this 45-minute session, learn a little more about mindfulness, and how to down-regulate your nervous system using a few simple practices. (10-12 people max)

Rachel Tobin

www.theartofmindfulness.co.nz

Voice Arts

Nicola Pauling

Combined session in the Club room

[Voice Arts website](#)



Or beach walk

Down time, mingle, comfort break.

14:45-15:30 Supporting sleep health
Dr Rosie Gibson (Sleep researcher – Massey University)



Meditative art therapy

Margo and Rohan



15:30-16:30 Afternoon tea and departure

Please note programme may be subject to change.