

Dementia Wellington - What's coming up in October, November, December 2021

Cog Cafes (Please note: these will only be held at Covid Alert Level 1)									
Region	Venue	Day of Month	Time	Oct		Nov		Dec	
Lower Hutt	Mitre 10 Petone	1 st Tuesday	10am-11am	5		2		7	
Upper Hutt	Equinox Cafe, Brendan Foot Supersite	2 nd Tuesday	10am-11am	12		9		14	
Central Wellington	Picnic Cafe in the Botanical Gardens	4 th Tuesday	10am-11am	26		23			
North Wellington	Common Ground Cafe, Waitohi Hub, Johnsonville.	1 st Wednesday	10am-11am	6		3		1	
Porirua	Simply Food-, Te Rauparaha Arena,	4 th Wednesday	10am-11am	27		24		22	
Kapiti	Anzil Cafe, 111 Main Road, Paraparaumu, Lindale	2 nd & 4 th Wednesday	10am-11am	13	27	10	24	8	22

Supporter Group Meetings							
Region	Venue	Day of Month	Time	Oct	Nov	Dec	
Lower Hutt	Petone Community House	3 rd Wednesday	1pm-2.30pm	20	17	15	
Upper Hutt	Summerset on the Course, Trentham	4 th Thursday	2pm-3:30pm	28	25	23	
Central Wellington	Lyll Bay Salvation Army Community Centre, Onepu Road	2 nd Tuesday	10am-11.30am	12	9	14	
North Wellington	Johnsonville Community Centre	3 rd Friday	10.30am-12.00 noon	15	19	17	
Porirua	Kemp Hall (rear of Kemp Home and Hospital) Kura Street, Titahi Bay	1 st Wednesday	10.30am-12pm	6	3	1	
Porirua Pacific	Contact Debbie 020 4176 6629 for venue details	2 nd Thursday	10am-11.30		11??	16	
Kapiti	Waikanae	Parklands Social Centre, Woodlands, Belvedere Avenue, Waikanae	Alternate 2 nd Thursday	1.30pm-3pm		11	
	Paraparaumu	Old Mill Function Centre, 1 Kapiti Road, Paraparaumu (entrance and car park off Hinemoa Street)	Alternate 2 nd Thursday	1.30pm-3pm	14		9

Dementia Advisor Clinics

Region and venue	Day of week & frequency	Time	Oct					Nov					Dec				
			Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5
Lower Hutt Petone Community House Britannia Road	Tuesdays weekly	12pm-3:30pm	5	12	19	26		2	9	16	23	30	7	14	21		
Upper Hutt Orongomai Marae	Last Wednesday monthly	9:30am-11:30am				27					24						
Central Wellington Karori Community Centre	2 nd and 4 th Tuesdays	12.30pm-2.30pm		12		26			9		23			14			
North Wellington Room 2, Johnsonville Community Centre	Fridays weekly	9.30am-12.30pm	1	8	15	22	29	5	12	19	26		3	10	17		
Porirua Venue varies - details via Debbie 020 4176 6629	1 st and 4 th Wednesday	12.30pm-2.30pm		6		27		3			24		1				
Kapiti Dementia Wellington Office Office A Level 1 9 Mahara Place	Tuesdays weekly	9.30am-12.30pm		12	19	26		2	9	16	23	30	7	14	21		