

FREE GIFFORD PROGRAMS

Please call to Schedule 772-563-0505

Social Respite “The Breathing Room”

Mondays 1:00 p.m. — 4 p.m. | Designed to give Caregivers temporary relief. Engaging activities for seniors with dementia in a safe, fun environment.

Caregivers Class

Every first Thursday of the month from 1:30 p.m. — 3:30 p.m. | Covers the basic aspects of caregiving for a loved one with dementia.

Caregiver Support Group

Every second Thursday of the month at 2:00 p.m. | If you are caring for someone with a memory or movement disorder this group is for you!

Dementia Experience Training

Every third Thursday of the month from 1:30 p.m. — 3:30 p.m. | Experience what people with dementia face on a daily basis.

Memory Screenings

Every fourth Thursday of the month from 1:30 p.m. — 3:30 p.m. | A series of tasks and questions to get a baseline memory checkup.

Warning Signs of Dementia

Every fifth Thursday of the month at 1:30 p.m. & 2:30 p.m. | Learn what is dementia vs. normal aging.

Call Us 772-563-0505
Gifford Community Center
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ALZHEIMER

PARKINSON
ASSOCIATION
OF INDIAN RIVER COUNTY