



YMCA QUISPAMISIS
COMMUNITY CENTRE'S

Forget Me Not Club



Bring your loved one suffering from Dementia to our all inclusive weekly morning program at the qplex. Our staff will provide a safe, caring atmosphere for your loved one through activities like art, music and socialization. This program is free!

Thursdays 9:30 am - 12:00 pm
Please register by calling 849-5784
saintjohnny.ymca.ca