



Alzheimers

Manawatū

Move for
dementia



MEMORY
WALK

Two important events this month:

You can donate to Move for Dementia

Various community groups are taking part in Move for Dementia, a fundraiser that raises money for Alzheimers Manawatu, and other Alzheimers groups around the country. Team Memory Matters is walking part of the new walkway next to the Manawatu Tararua Highway, you can support them via our website.

You can do a Memory Walk

**Be at the starting point in
purple for a 10.30am start**

SEP 23 PALMERSTON NORTH
Walk from Soldiers Memorial
Statue in The Square

SEP 24 LEVIN
Walk from Adventure
Playground

SEP 25 DANNEVIRKE
Walk from the Brass Band Hall
SEP 25 FEILDING
Walk from Manchester Square

Carer support groups

October Carer Support Groups

Palmerston North

October 1

Dannevirke

October 2

Palmerston North Men

October 3

Feilding

October 6

Levin

October 22

Levin Men

October 24

November Carer Support Groups

Feilding

November 3

Palmerston North

November 5

Dannevirke

November 6

Palmerston North Men

November 7

Levin

November 26

Levin Men

November 28

Memory

cafes

October Memory Cafés

Woodville

October 8

Dannevirke

October 15

Feilding

October 16

Levin

October 17

Palmerston North

October 21

November Memory Cafés

Woodville

November 12

Palmerston North

November 18

Dannevirke

November 19

Feilding

November 20

Levin

November 21

**For more information
contact the Dementia Advisors**

Liam: 027 600 4408. Andrea: 027 357 9560

Other important dates

Daylight Savings

Clocks spring one hour forward on September 28. It is also a good time to check your smoke alarms.

Our website and social media

Website: alzheimersmanawatu.org

Facebook.com: [alzheimersmanawatu](https://www.facebook.com/alzheimersmanawatu)

Instagram: [alzheimersmanawatu](https://www.instagram.com/alzheimersmanawatu)

Stay home if you are sick

The weather is getting better but flu is still an issue so for clubs and support groups: please stay at home if you are experiencing cold/flu or COVID symptoms.

Club members:

please let us know before 8.30am if you are not attending club.