

JEWISH FAMILY SERVICE CAREGIVER RESPITE GROUP

Available to caregivers of those with
Alzheimer's disease & other related dementia

Provides your loved ones with social,
recreational & healthy group activities

MONDAYS 10-2

at the Simon Family Jewish Community Center



\$30 per week includes:

- 🚗 Transportation (if needed)
- 🍽️ Lunch
- 🏃 Exercise Program
- 🎨 Appropriate crafts, music, games,
- 📺 TV programs & reminiscence
- 🎁 And much more

**Please contact
Clare Krell, LSW
@ 321-2232**

260 Grayson Road, Virginia Beach, VA, 23462
757-321-2222 • www.jfshamptonroads.org

You never know when you'll need help, but you'll always know where to find it