

# Through the Seasons

Our dementia support group is inspired by the enriching activities outlined in, "Through the Seasons: An Activity Book for Memory-Challenged Adults and Caregivers."

Each quarterly session is a testament to the group's commitment to holistic care, incorporating engaging activities that stimulate cognitive functions and foster meaningful connections. One such initiative is the creation of Busy Boxes, thoughtfully designed to provide sensory stimulation and cognitive engagement. These boxes serve as personalized tools for both individuals with dementia and their caregivers, offering moments of joy and respite amidst the challenges they face.

In the spirit of camaraderie and support, our dementia support group at Aegis Kent continues to be a beacon of compassion and understanding for all who attend. Supplies are provided to attendees.



**AEGIS LIVING KENT**

**10421 SE 248TH ST KENT, WA 98030**

Street parking is readily available around the building and surrounding neighborhood. Please wear a mask!

WEDNESDAY, MARCH

19

1:00 - 2:00PM

RSVP

[KentMktg@aegisliving.com](mailto:KentMktg@aegisliving.com)



**Aegis Living**

Assisted Living | Memory Care

**KENT**