

Clement Manor

MOMENTS TO EMBRACE

A CAREGIVER RESPIRE PROGRAM



Your Time to Recharge – Their Time to Engage

Are you a caregiver for a loved one with Alzheimer's Disease or Dementia? Caring for someone you love can be fulfilling but also demanding. Our 12-week program is here to help by providing 2 hours of weekly respite so you can take a breath, recharge, and feel supported.

WHAT WE OFFER:

For Caregivers:

- Each week, enjoy a different expert-led class designed to inspire, educate, and rejuvenate. Topics will range from self-care to effective caregiving strategies, all led by the knowledgeable team at Clement Manor.

For Your Loved One:

- Simultaneous engaging activities tailored for individuals with Alzheimer's or dementia, giving them a safe, stimulating environment while you participate in the program.

**This program is sponsored by Bader Philanthropies*

Details:

Duration: 12 weeks
April 4 – June 27, 2025
Every Friday
10 am – 12 pm
(no session April 18th)

Location: Clement
Manor
9405 W. Howard Ave.,
Greenfield

This is your opportunity to prioritize your well-being while ensuring your loved one receives compassionate care and meaningful engagement.
Space is limited!



CONTACT US
414-546-7984



VISIT OUR WEBSITE
www.clementmanor.com/moments

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CAREGIVER TRACK:

- **April 4** - Caregiving Support Group
- **April 11** - Time Management & Cooking
- **April 25** - Positive Affirmations & Relaxation Techniques
- **May 2** - Breathwork for a Healthy Wellbeing
- **May 9** - Reducing Stress, Sleep Better, Music for Caregivers
- **May 16** - Living with Dementia - a simulation and learning discussion
- **May 23** - All you need to know about a senior living community
- **May 30** - Color Creations Canvas Paint
- **June 6** - Wellness Empowerment through Healing and Transformation
- **June 13** - Sit Fit & Stretch and Tai Chi
- **June 20** - Pampering & Self Care
- **June 27** - Card making class

LOVED ONE TRACK:

- **April 4** - Brain Food and Nutrition
- **April 11** - Breathwork and Art
- **April 25** - Creative Storytelling
- **May 2** - Music Therapy
- **May 9** - Color Creations
- **May 16** - Art Project
- **May 23** - Cooking Class
- **May 30** - Creative Creations with Baking and Movement
- **June 6** - Tai Chi and Stroll
- **June 13** - Music and Memories
- **June 20** - Bingo and Corn Hole
- **June 27** - Relaxation Techniques

*We will provide qualified care partners to do the cares for your loved ones for each program.

Caregivers must register for simultaneous tracks for themselves and loved ones.

Spaces are limited per for all tracks

To sign up for any or all tracks, call
414-546-7984.

Suggested cost is \$10 per person,
per track, however we will not turn
anyone away for financial reasons.