



Thursdays in 2019

1:30pm to 4:00pm

(Please show up 15 minutes early)

Friends Day Out

 **Featuring Java Music Club**

Hosted by Nevada Rural Counties RSVP Program

What is "Friends Day Out?"

"Friends Day Out" featuring Java Music Club offers hands-on fun learning for persons living with **Alzheimer's** and other forms of **Dementia** or care recipients with a variety of other disabilities such as **Cancer, COPD, Parkinson's or Diabetes**. We use a unique combination of themes, photography, music, readings, and a traditional talking stick. Additionally, it offers the primary **caregiver** support, **respite care**, referrals, independent living services, and a much-needed weekly **BREAK!**

RSVP provides volunteers who are trained to host the event, facilitate the classes, assist with supervision, and provide the primary caregivers with a regular break. We kindly request that all participants complete an RSVP client application before the program begins.

To sign up or if you have questions:

Steven Nichols – RSVP Program Director for Respite Innovations Project
775-315-7615 or snichols@nvrsvp.com



Sing Songs

Chair Exercise

Meet New Friends

**Caregivers take a
BREAK!**

**St. Peter's Episcopal
Church**

314 N. Division St

Carson City, NV 89703

775-882-1534



RSVP's mission is to help frail, homebound, and low-income seniors remain independent by providing high-quality programs which allow them to stay in their own homes with dignity. Additionally, RSVP coordinates a volunteer network of seniors who use their skills and talents to provide support to community agencies and address community needs through service.

www.nevadaruralrsvp.org