

The Adult Cognitive Wellness Centre

6676 203rd Street, Langley, BC (604) 418-1476



NEW: Virtual Socialization & Cognitive Stimulation Sessions



Benefits to our participants:

- A fun safe opportunity for socialization with peers to feel connected.
- Reduces isolation and builds new friendships.
- An opportunity for engaging in evidence-based cognitive stimulation to improve or maintain current abilities.
- Increases purpose.
- Enhances self-esteem.

About the Sessions:

- Max 5 clients per session
- Pre-registration is required
- They are lead by a Therapeutic Recreation professional with specialized dementia education
- We will be using Zoom

About the Centre:

Our "Adult Cognitive Wellness Centre" is similar to other Adult Day Programs, but with a focus on holistic cognitive wellness (which includes: cognitive stimulation activities, rehab, daily exercises & lots of socialization).

Sadly, we are not able to open our doors until the COVID-19 pandemic is over. Until then, we are offering Virtual Socialization & Cognitive Stimulation Sessions!!

Who is it for:

Anyone 50+, specifically those living with symptoms of dementia. We have special sessions:

- Early symptoms/stages of dementia
- Moderate symptoms/stages of dementia
- Young onset - under the age of 65

To find out more about our weekly Virtual Socialization & Cognitive Sessions or to trail for free, please contact us:



(604) 418-1476 or (604) 655-0535



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www.AdultCognitiveWellnessCentre.ca