

The Dinner Club

The Dinner Club, Westlock

Aspen Primary Care Network

Project Lead: Sherrilyn Lavoie and Aspen Primary Care Network

The Aspen Primary Care Network, along with community stakeholders, are working to support healthy aging in the community of Westlock through various programs and projects. The Dinner Club will enable adults, but particularly vulnerable seniors and those affected by dementia and their caregivers, to congregate monthly at a regular time at a central hub. The participants will enjoy face-to-face socialization, educational opportunities, a good family style meal and entertainment. There will be a small cost to participants but financial barriers will be limited.

Caregivers are supported as they enjoy socialization with other caregivers or they can enjoy some much needed respite as their care recipient is looked after for them.

The dinners will be held 9 times per year in the first year and 12 times per year in the second year on the third Thursday of the month at one of the local community halls in Westlock.

