

A Community Garden Respite Program for
Older Adults and Their Care Partners

Growing Together



Growing Together is a welcoming outdoor program where older adults experiencing dementia and frailty, and their care partners attend together and take part in gentle gardening activities.

Participants enjoy meaningful shared experiences, connection with others, and time in nature in a supportive community environment.

Tuesdays June 2 – July 28

(No Session June 30)

Time: 9:30 a.m. – 11:30 a.m.

Location: Perkinsfield Park Community Garden

Cost: Free

Registration: Pre-registration required



Register online
or by phone

Call to register:
705-526-4204

Register online:
tiny.ca/PlayPortal



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North Simcoe Muskoka
Specialized Geriatric Services



Waypoint
CENTRE for MENTAL HEALTH CARE
CENTRE de SOINS de SANTÉ MENTALE