

# ASHTON GROVE

LOVE WHERE YOU LIVE

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

## Memory Care Family Support Meetings

Third Thursday of every month, 5:00 p.m. • Ashton Grove Activities Area

**August 19th**

Validating Feelings Through Difficult Times

**October 21st**

The VITAL Approach & Managing Sundowning

**September 16th**

Behavioral Based Ergonomic Therapy –  
How does it help?

**November 18th**

Reminiscing Therapy & the Holidays

**December 16th**

How Do I Meet My Loved One Where They Are?

We'll intend to always have a "theme" but please know, the main objective of these meetings is to support one another.

For questions, please do not hesitate to contact our Jennifer, our Memory Care Director. We look forward to having you join us for these very special meetings.



[ashtongroveseniorliving.com](http://ashtongroveseniorliving.com) | 115 Ashton Grove Path, Georgetown, KY

Written information relating to this community's services and policies is available upon request. KRS 216.595(1)(a)(b)