



# Forget-Me-Not Café

The Forget-Me-Not Café is an opportunity to make new friends and nurture old ones, share experiences and create new ones in an environment of support and understanding

We would like to invite you  
to join us at the **Forget-Me-Not Café**  
Outlook Community Centre  
24 Toomuc Valley Road, Pakenham  
10.00am - 12.00pm  
Gold coin donation welcome



The Café aims to bring together, people living with dementia and their loved ones in Cardinia Shire and surrounding areas. Join us for a cuppa and cake, rediscover memories and create new ones.

The Café is a nurturing space that offers enrichment, support and understanding, where you can share experiences with others living with the challenges of dementia.

## Café dates Term 1 2026

20 January, 17 February, 17 March, 21 April, 19 May,  
16 June, 21 July, 18 August, 15 September,  
20 October, 17 November, 15 December

***Please contact us for more information  
or to make a booking 1300 617 649  
[communitycentre@outlookaust.org.au](mailto:communitycentre@outlookaust.org.au)***

**Outlook**  
an inclusive society for all