



FamilyMeans
CAREGIVING & AGING

FamilyMeans offers an evening respite group: Night Out!

Caregivers of older adults can take a break while their care recipient enjoys a fun night at FamilyMeans. Participants will enjoy various activities and games, eat dinner together, and enjoy conversation with others while being supervised by our volunteers and staff.

December 30, 2025

5:30pm-7:30pm

Year in Review

2025 has come to an end. Spend the evening reminiscing on the past year and the events that shaped it.

January 27, 2026

5:30pm-7:30pm

Winter Olympics

Explore the history and highlights of the Olympic Games together! From bobsledding to skating, and so much more!

February 24, 2026

5:30pm-7:30pm

Outer Space

Discover planets, stars, and the mysteries beyond! Learn how space continues to shape our universe.

WHAT TO BRING:

Participants are asked to bring a supper. There are several food options nearby, or we have a microwave available. If anything else is needed for that evening's activities you will be notified after you register.

REGISTRATION/INFORMATION:

NOTE: Each month will require you to re-register.

Contact our staff at caregivingaging@familymeans.org or 651-439-4840 to register or if you have any questions.

Funded under award with Trellis as part of Older Americans Act.