



**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.

**March 24, 2026**  
**5:30pm-7:30pm**

*Pets*

Join us for a fun and lighthearted evening celebrating the animals that bring joy to our lives!

**April 28, 2026**  
**5:30pm-7:30pm**

*Characters from Childhood*

Let's reminisce on memorable characters from the '40s and '50s—come share your favorites!

**May 26, 2026**  
**5:30pm-7:30pm**

*Memorial Day*

We'll celebrate the spirit of Memorial Day by honoring the courage and sacrifice of those who served.

### 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](mailto: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.*