

Interested in providing comfort to dementia patients?

# Come make Fidget Blankets!



Fidget blankets are therapeutic squares to which different items have been attached or sewn on. These items offer sensory stimulation that has a calming effect on Alzheimer's and dementia patients.

Please bring any materials you may have:  
big buttons, rickrack, ribbon, lace, pieces of fabric, zippers, etc.

Some sewing experience is helpful but not necessary

**1st & 3rd Tuesdays from 9:00 am to 12:00 noon**  
**at the *Wilton Collaborative Space***  
**2nd Congregational Church Hall**  
**21 Gregg Street, Wilton**



To register or for questions:  
[ouellette99@gmail.com](mailto:ouellette99@gmail.com)



This is a program of the WILTON COMMUNITY CENTER, EIN 46-1401331,  
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Contributions to the Wilton Community Center may be deductible for those who itemize.