

FIDGET WORKSHOP/-A-THON

SATURDAY, JUNE 1, 2024

10 AM – 3 PM ~ FREE

UNITED METHODIST CHURCH

1558 SOUTH COUNTY TRAIL,

EAST GREENWICH, RI

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-WHAT WILL BE AT THE EVENT:

-MATERIAL TO USE TO MAKE MATS/QUILTS

-OBJECTS TO USE FOR MATS/QUILTS

-DIRECTIONS TO GUIDE YOU WITH THE MAKING OF MATS/QUILTS

-WHAT TO BRING WITH YOU AT THE EVENT:

-SEWING MACHINE

-NOTIONS

-MATERIAL YOU MAY WANT TO USE

-FIDGET ITEMS /SENSORY ITEM YOU MAY HAVE

(ZIPPERS/BUTTONS/ OLD JEWELRY... etc.)



Fidget mats provide gentle sensory stimulation with different fabrics, textures, colors and objects attached. They are wonderful for kids, or those with restless hands like dementia and Alzheimer patients. They are a great calming tool and give the user a relaxing tactile experience. They are either a mat or a small lap quilt.

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Once completed, the mats/quilts will be donated to Local Nursing Homes, Senior Centers, and Alzheimer Centers. If the mats / quilts are not done at this event, they will be collected throughout the year, at monthly meeting.

Please email Debi Truchon at dtruchon14@gmail.com or Karen Stanley at karenstanley@me.com if you plan to attend this fun event, by May 29th. And if you have any questions, please contact Geri Bergreen at tbgeri@aol.com

~ WE HOPE TO SEE YOU AT THIS FUN, EDUCATIONAL AND WORTHWHILE EVENT! ~