



Reminiscing sessions

Hurstville Museum & Gallery

Reminiscence therapy is an activity that involves the active recollection of life experiences. It allows individuals to relive positive personal events from their past in a way that is vivid and engaging and encourages them to communicate those experiences to a listener.

In a comfortable and relaxed forum, this special program has been designed to meet the needs of seniors, nursing homes, organised groups and day care centres. Under the guidance of Museum & Gallery staff, participants are encouraged to handle objects and share their memories of such objects with other members of the group.

Bookings are essential

Reminiscing sessions are \$5.25 per participant. Refreshments can be provided for an extra \$2.10 per person. Carers and bus drivers are free of charge.

*A minimum non-refundable deposit of \$52.50 (10 participants) must be paid within one week of booking.