

### Weekly Activities

	Morning	Afternoon
Monday*	<b>Bowls &amp; Darts</b> , 10.00-11.30, £1	<b>Relax &amp; Read</b> , 13.30-15.30, free
Tuesday	<b>Chair exercises</b> , 11.15-11.45, £1.50 members, £2.50 non-members	<b>Prize bingo</b> , 13.30-14.30, £1.50 members, £2.50 non-members
Wednesday	<b>Crafts</b> , 10.30-11.30, £3 members, £4 non-members	<b>Quiz</b> , 1.30pm, free, 6th & 20th October only
Thursday	<b>Flower Arranging</b> , 10.30-11.30*, £7.50 members, £8 non-members	
Friday	<b>Singing for fun</b> , 10.30-11.30, free	<b>Cash bingo</b> , 13.30-14.30, £2

### Special and Monthly Activities & Events

Wednesday 6<sup>th</sup> & 13<sup>th</sup>: **Dementia Café**, 10.30am, £2.50 including refreshments

Wednesday 13<sup>th</sup>: **Afternoon dance with Emma**, 1.30pm, £3 members, £4 non-members

Friday 15<sup>h</sup>: **Memory Lane Singing Café**, 10.30am, £2.50 including refreshments

Saturday 23<sup>rd</sup>: **Christmas Fayre**, 10.00am to midday

Wednesday 27<sup>th</sup>: **Fair Close Birthday Lunch** & live entertainment with Martin the accordionist, midday

Friday 29<sup>th</sup>: **Elvis evening**, 6.30 to 8.30pm, £15

\* Flower arranging on Thursday 14<sup>th</sup> and 28<sup>th</sup> only. No sessions on Thursday 7<sup>th</sup> or 21<sup>st</sup>

## Enjoy a tea/coffee and a treat or a full two course lunch at our sociable community Café and Restaurant:

- Our Café is open Monday to Friday, 09.30-11.30 and 13.30-15.30
- Our restaurant is open Monday to Friday 12.00-13.30 and one Saturday and two Sundays per month

### **Bowls & Darts:**

A little healthy competition amongst friends to see who can knock down the most bowls! You can sit or stand to take part.

Every Monday, 10.30-11.30

Free to join

### **Cash Bingo:**

4 games of competitive cash bingo with a chance to win cash throughout the game.

Every Friday, 13.30-14.30

£2 per person

### **Chair Exercises:**

Chair based exercises with music focusing on legs and arms, aiming to improve balance and co-ordination.

Every Tuesday, 11.15-11.45

£1.50 for members\* and £2.50 for non-members

### **Chess Club:**

Whatever your level come along to our fun, sociable group and improve your chess game.

Once a month on a Thursday, 13.15-15.30, Free to join

## **Crafts:**

Learn how to make new things and paint, sew, stick and create! Join Helen and our friendly craft group.

Every Wednesday, 10.30-11.30

£3 for members\* and £4 for non-members

## **Dance with Emma:**

Playing a variety of music including the cha-cha and salsa, you can join in or watch Emma lead the way on the dance floor.

Once a month on a Wednesday, 13.30-14.30

£1.50 for members\* and £2.50 for non-members

## **Flower Arranging:**

Supported by an expert florist, we provide everything you need to arrange your own beautiful flower display to take home.

Once a month on a Thursday, 10.30-11.30

£7.50 for members\* and £8.50 for non-members

## **Prize Bingo:**

5 games of fun interactive Bingo with a chance to win prizes throughout the game.

Every Tuesday, 13.30-14.40

£1.50 for members\* and £2.50 for non-members

## Quiz:

A fun general knowledge quiz, answer the most questions and win a small prize at the end.

Twice a month on a Wednesday, 13.30-14.30

Free to join

## Relax and Read:

A time to relax and listen to extracts from books or poems and have a fun discussion with like-minded individuals.

Every Monday, 13.30-15.30

Free to join

## Singing for Fun:

Join us for a fun sing-along, we sing a wide variety of songs and song sheets are provided.

Every Friday, 10.30-11.30

Free to join