The Young Ones
Dementia Café

Dates for your diary

August 16th 2016 - Walk in St Nicholas Park (weather dependent)
September 20th - Planting hanging baskets
October 18th - Fitter futures information talk
November 15th - Christmas card making or possibly cake baking
December 20th - Outing for Christmas lunch
January 17th 2017 - Art Therapy taster session
February 21st - to be arranged
March 21st - Circle Dancing
April 18th - Trip out somewhere (to be arranged)
May 16th - Singing for the brain
June 20th - to be arranged