

DATES FOR DEMENTIA GROUP ACTIVITIES 2024

January

Wed 3rd 11.00am Exercise

Wed 10th 2.30pm Reflexology Presentation - Paula

Wed 17th 11.00am Exercise for the Mind

Mon 22nd 2.00pm Music for the Mind

Wed 31st 10.30am Open Coffee Morning – Meeting Room (with singing from Dementia Choir)

February

Wed 7th 11.00am Exercise

Wed 14th 2.30pm Film Club

Wed 21st 11.00am Exercise for the Mind

Monday 26th 2.00pm Music for the Mind

March

Wed 6th 11.00am Exercise

Wed 13th 2.30pm Film Club

Wed 20th 11.00am Exercise for the Mind – Easter Crafts

Monday 25th 2.00pm Music for the Mind

April

Wed 3rd 11.00am Easter Service followed by lunch and AGM

Wed 10th 11.00am Exercise

Wed 17th 11.00am Exercise for the Mind

Monday 22nd 2.00pm Music for the Mind

May

Wednesday 1st 11.00am Exercise

Wednesday 8th 2.30pm Film Club

Tuesday 14th 9.30- 12.30 AEROBATHON -raising money for VDFCA Parish Centre

Wednesday 15th 11.00am Exercise for the Mind

Monday May 27th 2.00pm Music the Mind

June

Wednesday 5th 11.00am Exercise

Wednesday 12th 2.30pm Film Club

Monday 17th 2.00pm Music for the Mind (NB change of week!)

Wednesday 19th 11.00am Exercise for the Mind

Wednesday 26th 11.00am Service followed by shared lunch

July

Wednesday 3rd 11.00am Exercise

Wednesday 10th 2.30pm Film Club

Wednesday 17th 11.00am Exercise for the Mind

Monday 22nd 2.00pm Music for the Mind

August

Wednesday 7th 11.00am Exercise

Wednesday 14th 2.30pm Film Club

Wednesday 21st 11.00am Exercise for the Mind

N.B. No Music for the Mind this month

September

Wednesday 4th 11.00am Exercise

Wednesday 11th Film Club

Wednesday 18th 11.00am Exercise for the Mind

Monday 23rd 2.00pm Music for the Mind

October

Wednesday 2nd 11.00am Exercise

Wednesday 9th 11.00am Harvest Service followed by shared lunch

Wednesday 16th 11.00am Exercise for the Mind

Monday 28th 2.00pm Music for the Mind

November

Wednesday 6th 11.00am Exercise

Wednesday 13th 2.30pm Film Club

Wednesday 20th 11.00am Exercise for the Mind

Monday 25th 2.00pm Music for the Mind

December

Wednesday 4th 11.00am Exercise

Wednesday 11th 11.00am Christmas Carol Service followed by shared lunch

Monday 16th 2.00pm Music for the Mind

Wednesday 18th 11.00am Christmas Crafts and activities

N.B. During the summer Film Club may be replaced by an outdoor activity, weather permitting!!

All activities take place in the Meeting Room (Entrance Hall) of St Michael's Church unless otherwise indicated. Everyone is very welcome. If you have any questions please get in touch.

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