

DEMENTIA GROUP DATES FOR 2025

January:

Wednesday 8th 11.00am Exercise

(Wednesday 15th Sorry, no Film Club this month)

Wednesday 22nd 11.00am Exercise for the Mind

Monday 27th 2.00pm Music for the Mind

Wednesday 29th 10.30-12.30 Coffee Morning

February:

Wednesday 5th 11.00am Exercise

Wednesday 12th 2.30pm Film Club

Wednesday 19th 11.00am Exercise for the Mind

Monday 24th 2.00pm Music for the Mind

March:

Wednesday 5th 11.00am Exercise

Wednesday 12th 2.30pm Film Club

Wednesday 19th 11.00am Exercise for the Mind

Monday 24th 2.00pm Music for the Mind

April:

Wednesday 2nd 11.00am Exercise

Wednesday 9th 11.00am Service for Easter + shared lunch

Wednesday 16th 11.00am Exercise for the Mind

Monday April 28th 2.00pm Music for the Mind

May:

Wednesday 7th 11.00am Exercise

Wednesday 14th 2.30pm Film Club

Wednesday 21st 11.00am Exercise for the Mind

Monday 19th NB. 2.00pm Music for the Mind

June:

Wednesday 4th 11.00am Exercise

Wednesday 11th 11.00am Service + shared lunch and AGM?

Wednesday 18th 11.00am Exercise for the Mind

Monday 23rd 2.00pm Music for the Mind

July:

Wednesday 2nd 11.00am Exercise

Wednesday 9th 2.30pm Film Club

Wednesday 16th 11.00am Exercise for the Mind

Monday 28th 2.00pm Music for the Mind

August:

Wednesday 6th 11.00am Exercise

Wednesday 13th 2.30pm Film Club/Afternoon Tea?

Wednesday 20th 11.00am Exercise for the Mind

NB. NO Music for the Mind in August

September:

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

October:

Wednesday 1st 11.00am Exercise

Wednesday 8th 11.00am Harvest Service + shared lunch

Wednesday 15th 11.00am Exercise for the Mind

Monday 27th 2.00pm Music for the Mind

November:

Wednesday 5th 11.00am Exercise

Wednesday 12th 2.30pm Film Club

Wednesday 19th 11.00am Exercise for the Mind

Monday 24th 2.00pm Music for the Mind

December:

Wednesday 3rd 11.00am Exercise

Wednesday 10th 11.00am Christmas Service with shared lunch

Monday 15th 2.00pm Music for the Mind

Wednesday 17th 11.00am Christmas Crafts and Activities

All events take place in St Michael's Church Entrance Hall (Meeting Room) and all are welcome. There may be some changes during the year but we will keep you posted!

