



Memory Cafe Programme

Middle Street Centre,

Middle Street,

Beeston NG9 2AR

Tel: 07960 398 700



Email: beestonmemorycafe1@btinternet.com

Time: 2-4 pm	What will be we doing?
14 April 2016	Theme: Festivals and Customs Speaker: Beverley Pearson, Radford Care Group Activity: Singing with Joy and Eric Foxley Reflexology & Massage with Mary
28 April 2016	Activity: Exercise and Singing Facilitator: Mavrck
5 May 2016	Extra! Optional visit Extra! Group Visit: David Jones painting Exhibition at Djanogly Art Gallery <i>Meet at 2.00 pm at the Art Centre, South Entrance Highfields Park, University of Nottingham</i>
12 May 2016	Theme: School Days Speaker: Maggie Pape, Notts County Council Activity: Music with Marc Block Reflexology & Massage with Emma and Mary
26 May 2016	Activity: Fun with clay Facilitator: Stephen Jon
9 June 2016	Theme: Queen's 90 th birthday celebration Activity: Bring your Royal memorabilia to share with the group Reflexology & Massage with Emma and Mary
23 June 2016	Activity: Barbeque in the garden at Middle Street Centre
14 July 2016	Theme: French theme for Bastille Day Activities: Gardening with Jill Naidoo Reflexology & Massage with Emma and Mary
28 July 2016	Activity: Exercise and Singing Facilitator: Mavrck



GOOD NEWS! THE MEMORY CAFE NOW MEETS ON BOTH 2ND AND 4TH THURSDAY EACH MONTH