

Memory Cafe Programme

Middle Street Resource Centre,

Middle Street,

Beeston NG9 2AR

Tel: 07960 398 700

Email: beestonmemorycafe1@btinternet.com

Website: <http://beestonmemorycafe.com/>

Time: 2-4 pm	What will be we doing?
24 November 2016	Activity: Fun with clay Facilitator: Stephen Jon
8 December	Christmas Party with Beeston Carol Choir
22 December	No Cafe session
Starting January 2017: Cafe sessions on 1 st Thursday of each month	
5 January	Fun & Games: board games, craft, quizzes and iPads, plus storytelling with Nicky Rafferty
12 January	Theme: Winter Entertainment: Wollaton Ladies Choir Reflexology & Massage with Emma and Mary
26 January	Activity: Bring and Share poetry Facilitator: Dave Wood
2 February	Fun & Games: board games, craft, quizzes and iPads
9 February	Theme: Valentines Day Activities: Storytelling with Mike Payton Reflexology & Massage with Emma and Mary
23 February	Activity: Dance and Movement Facilitator: Andrea Haley
2 March	Fun & Games: board games, craft, quizzes and iPads
9 March	Theme: Spring Entertainment: Music from Oldish Spice a cappella group Reflexology & Massage with Emma and Mary
23 March	Activity: Come and bang a drum! Facilitator: Biant Singh
6 April	Fun & Games: board games, craft, quizzes and iPads
13 April	Theme: Food & favourite meal Entertainment: Funtime Singers Reflexology & Massage with Emma and Mary
27 April	Activity: Storytelling Facilitator: Emma Wass

Cost per session: £2 per person

(Maximum £4 per group of Cafe guest plus 1, 2 or 3 supporters)

Beeston Dementia Friends: Registered Charity number: 1169865