



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? |
|--------------|--|
| 13 July | Theme: 1950s Activity: Family Trees Entertainment: Street Busker duo Reflexology & Massage with Emma and Mary |
| 27 July | Activity: Barbecue in the garden at Middle Street Centre |
| 3 August | Fun & Games: board games, craft, quizzes and iPads |
| 10 August | Theme: Holidays Talk: Nottingham On Call Entertainment: Madeline Beestin, singer Reflexology & Massage with Emma and Mary |
| 24 August | Activity: Storytelling Facilitator: Mike Payton |
| 7 September | Fun & Games: board games, craft, quizzes and iPads |
| 14 September | Theme: Dance Talk: Mary O’Riordan, Alzheimer’s Society Entertainment: Ukulele band Reflexology & Massage with Emma and Mary |
| 28 September | Activity: Storytelling Facilitator: Nicky Rafferty |
| 5 October | Fun & Games: board games, craft, quizzes and iPads |
| 12 October | Theme: Autumn Entertainment: Greasley Singers Reflexology & Massage with Emma and Mary |
| 26 October | Activity: Exercise and Singing Facilitator: Mavrick |
| 2 November | Fun & Games: board games, craft, quizzes and iPads |
| 9 November | Theme: Entertainment Talk: Carers Federation Entertainment: Musical entertainment by Just Us Singers Reflexology & Massage with Emma and Mary |
| 23 November | Activity: Dance and Movement Facilitator: Andrea Haley |

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