



Memory Cafe Programme

Middle Street Resource Centre
Middle Street Beeston NG9 2AR



Tel: 07960 398 700

Email: info@beestonmemorycafe.com

(Please note NEW email address)

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

Time: 2-4 pm	What will be we doing?
16 November	Extra! Optional visit Group Visit: Bromley House Library Angel Row, Nottingham NG1 6HL <i>Meet at 2.00 pm outside The Bell pub, Market Square</i> Extra!
23 November	Activity: Dance and Movement Facilitator: Andrea Haley
7 December	Fun & Games: board games, craft, quizzes and iPads
14 December	Christmas Party Entertainment: Beeston Methodist Church Carol Choir
21 December	No Cafe session
4 January 2018	Fun & Games: board games, craft, quizzes and iPads
11 January	Theme: Movies Talk: Notts Fire & Rescue Service Entertainment: Ukulele band Reflexology & Massage with Emma and Mary
25 January	Activity: Hula Hoop weaving Facilitator: Jenny Anthony and Maureen Elliott, Spiral Arts
1 February	Fun & Games: board games, craft, quizzes and iPads
8 February	Theme: Valentine Talk: Mary O'Riordan, Alzheimer's Society Entertainment: Julian Nicholson, singer and accordion player Reflexology & Massage with Emma and Mary
22 February	Activity: Every Picture tells a Story Facilitator: Emma Wass
1 March	Fun & Games: board games, craft, quizzes and iPads
8 March	Theme: Spring Entertainment: To be confirmed Reflexology & Massage with Emma and Mary
22 March	Activity: Exercise and Singing Facilitator: Mavrick

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