



## Memory Cafe Programme

Middle Street Resource Centre,  
Middle Street,  
Beeston NG9 2AR



Tel: 07960 398 700

Email: [info@beestonmemorycafe.com](mailto:info@beestonmemorycafe.com)

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

Time: 2-4 pm	What will be we doing?
22 March	<b>Activity:</b> Exercise and Singing <b>Facilitator:</b> Mavrick
5 April	<b>Fun &amp; Games: board games, craft and quizzes</b>
12 April	<b>Theme:</b> 1960s <b>Entertainment:</b> Musical entertainment by Side by Side <b>Reflexology &amp; Massage</b>
26 April	<b>Activity:</b> Cut-up poems and poetry readings <b>Facilitators:</b> Justine Schneider and guest poets
3 May	<b>Fun &amp; Games: board games, craft and quizzes</b>
10 May	<b>Theme:</b> Working Life <b>Entertainment:</b> Oldish Spice <b>Reflexology &amp; Massage</b>
24 May	<b>Activity:</b> Fun with clay <b>Facilitator:</b> Stephen Jon
7 June	<b>Fun &amp; Games: board games, craft and quizzes</b>
14 June	<b>Theme:</b> Food <b>Talk:</b> Mary O'Riordan, Alzheimers Society <b>Entertainment:</b> Just Us Singers <b>Reflexology &amp; Massage</b>
28 June	<b>Activity:</b> Armchair Gallery: exploring a treasure from the Pitt Rivers Museum in Oxford - all from the comfort of the Memory Cafe <b>Facilitators:</b> Emma Wass and City Arts
5 July	<b>Fun &amp; Games: board games, craft and quizzes</b>
12 July	<b>Theme:</b> School Days <b>Entertainment:</b> Funtime Singers <b>Reflexology &amp; Massage</b>
Saturday 14 July	<b>Extra!</b> <b>Come and support the Memory Cafe stand at Beeston Carnival Venue: Broadgate Park</b> <b>Extra!</b>
26 July	<b>Activity:</b> Barbecue in the garden at Middle Street Centre

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