

Memory Cafe Programme

Middle Street Resource Centre,
Middle Street,
Beeston NG9 2AR
Tel: 07960 398 700

Email: info@beestonmemorycafe.com

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

Time: 2-4 pm	What will be we doing?
7 November	Fun & Games: board games, craft and quizzes Reflexology & Massage Entertainment: Waritz Duo
14 November	Theme: Musical Nostalgia Entertainment: Musical entertainment by Jayne Darling
21 November	Time to chat with Marie Potts and Time to sing with Mary Hastings Seated exercise with Jane Lee
28 November	Activity: Puppetry Facilitator: Sean Lee
5 December	Fun & Games: board games, craft and quizzes Reflexology & Massage and Card-making with June
12 December	Theme: Christmas Party Entertainment: Beeston Methodist Carol Choir
19 December	Time to chat with Marie Potts and Time to sing with Mary Hastings Entertainment: Attenborough Handbell Ringers
2 January	Fun & Games: board games, craft and quizzes Reflexology & Massage Activity: Martin Perry
9 January	Theme: Let's sing Entertainment: Fiona playing accordion
16 January	Time to chat with Marie Potts and Time to sing with Mary Hastings Dancing with Doug
23 January	Activity: Story-telling Facilitator: Mike Payton
30 January	Tba
6 February	Fun & Games: board games, craft and quizzes Reflexology & Massage Entertainment: Tom Whitehurst
13 February	Theme: Valentine Entertainment: Funtime Friends
20 February	Time to chat with Marie Potts and Time to sing with Mary Hastings Activity: Tai Chi with Richard Hepple

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