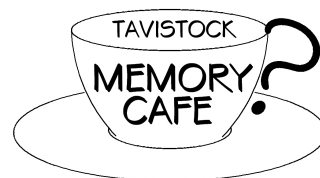


What's on at Tavistock Memory Café



12th January

CELEBRATING RABBIE BURNS

Lots of Scottish based fun – plus haggis, neeps & tatties

26th January

PUB GAMES

Cards, dominoes etc with a few songs and refreshments.

And if time allows, a little light exercise!

For the carers – Lynn Roddy 'Home Instead'

2nd February

EMERGENCY FIRST AID

An extra optional session to help us all be better prepared

9th February

CHAIR BASED MUSIC AND MOVEMENT WITH ROSIE

Getting you warmed up for spring

For the carers – Catherine Bailey, Legal Q&A

23rd February

LOOKING AT NATURE, THINKING OF SPRING AND HELPING OUR FEATHERED FRIENDS !

For the carers – Chat & Optional iPad support with June & Helen

9th March

POSLIPS

John and Jill are back to get your feet tapping or even dancing,
with tunes old and new (plus the odd corny jokes!)

23rd March

PAM'S SPRINGTIME POEMS

It's got to be 'daffodil' time – poems old and new to share

*For the carers – Meet David Martin, your local Alzheimer's Society
support worker*

Activities may be subject to change if necessary