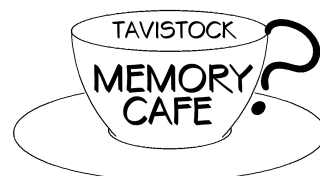


What's On at Tavistock Memory Café
October to December 2018



6th October

Floor games

The challenge is on for the team scoring the most points at Netball, Darts, Skittles, Quoits and Golf, with a grand finale of Parachute games.

For the Carers – Andy Melville (Social worker) a Q & A session.

We will also have our annual collection for the Tavistock Food bank – currently they need confectionery, shampoo, shaving foam, crisps, fruit juice, instant mashed potato, sponge puddings, coffee, rice, washing powder and washing up liquid.

20th October

Wiltshire Farm foods will be here at the start of the afternoon to provide some yummy samples and tell you about their home delivery service

Then

It's Poslips – Musical entertainment

Jill and John are back to get you singing along and dancing (as well as enjoying some awful jokes!)

For the Carers – Kirstie will be here to introduce James, your new Devon Carers Support worker

3rd November

Rosie's exercises

Great music, good moves and a lot of fun!

For the Carers – Sarah Burgess from 'Book of You'

17th November

Heather's Musical Quiz

Singing, chat and reminiscence

1st December

'In house' lunch for our members + Pub games

Carers – Time out in Tavi – a bit of lunch, Christmas shopping ? A few hours to please yourselves.

15th December

Christmas Party

Time for a laugh, play a few games, sing the old Christmas songs and eat more mince pies!

29th December

Drop in social session

Christmas is over, the New year is yet to begin, so come and have a laugh about all the socks/scarves/aftershave/chocolates you got given, and what your resolutions might be (How about – Be kinder to yourself?)

Pop in for a cuppa and a chat – usual time.

(Activities may be subject to change if necessary)