



Memory Lane Café
Programme of Activities
August 2018

7th	14th	21st	28th
am	am	am	am
Tea Dancing Teresa 11.30am-12.15pm Books & Mags AXA Volunteers	Call to Mind Board Game Red Envelope Sing Song	Table Top Games Books & Mags Quiz	Water painting Word searches and cross words
pm	pm	pm	pm
New Age Kurling	Musical Movement Lynette 1.45-2.30pm	Seated Zumba Sarah 1.45 - 2.30pm	Chair exercises Darren 1.45-2.30pm

If you have any special requests or suggestions for activities, please speak to Tina ☺