



Memory Lane Café  
 Programme of Activities  
**NOVEMBER 2018**

6th	13 <sup>th</sup>	27th	27th
am	am	am	am
<b>We Care session            Treatment for            Dementia &amp; Medication            Angela - pharmacist            Richard Hunt            Sporting Memories</b>	<b>Christmas            gift tables             Di &amp; Maria</b>	<b>Seated Zumba Gold            with            Sarah             11.30am - 12.15pm</b>	<b>Tea Dancing            with            Teresa             11.30am - 12.15pm</b>
pm	pm	pm	pm
<b>Chair Dancing            with            Lynnette            1.45 - 2.45pm</b>	<b>Singing by            Brian Mann            1.45 - 2.45pm</b>	<b>Boccia             1.45pm</b>	<b>New Age Kurling             1.45pm</b>

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

Remember! 22<sup>nd</sup> November - The Good Old Days - Spa Pavilion