



Memory Lane Café
 Programme of Activities

March 2020

3 rd	10 th	17 th	24 th	31 st
am	am	am	am	am
We Care Looking after Ourselves as Carers AXA Volunteers	Care to Dance with Lynnette and Dance East Legal clinic with Vicky	Quiz and talk on Suffolk Spring Wildlife with Alex Bass	Chair exercises with Darren	Yoga with Diana
pm	pm	pm	pm	pm
Kurling	Cake bake sale for Alzheimer's Society	Tiddlywinks	Think You Know board game Snakes and Ladders	Colouring Roll Table top games

Thursday 26th March Oliver Twist at the Wolsey Theatre 1.30pm

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