



Memory Lane Café
 Programme of Activities
 October 2020

6th	13th	20th	27th
10.30am	10.30am	10.30am	10.30am
Quiz morning including the 4 in 1 quiz with Rachel from AXA	Chair yoga with Diana	Quiz & catch-up with Steve	50s & 60s music with Alan Mann
11.15am tea break	11.15am tea break	11.15am tea break	11.15am tea break
11.30am	11.30am	11.30am	11.30am
Chair-based exercises with Darren	We Care session: Meeting Your Emotional Needs with Judith Goldsmith	Musical Bingo with Tony	Tea dancing with Teresa

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