



Memory Lane Café
Programme of Activities

Online via ZOOM - NOVEMBER 2020

3rd	10th	17th	24th
10.30am	10.30am	10.30am	10.30am
We Care session How to Access Support with Judith Goldsmith	Musical Movement with Lynnette	Seated Yoga with Diana	Tea Dance with Teresa
Tea Break	Tea Break	Tea Break	Tea Break
11.30am	11.30am	11.30am	11.30am
Chair exercises with Darren	Musical memories with Tracy	Country & Western with Brian Mann	Good Ole Sing Song with Tony Austin

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