



Memory Lane Café
 Programme of Activities
 August 2021 ZOOM

3 rd	10 th	17 th	24 th	31 st
10.30am	10.30am	10.30am	10.30am	10.30am
Musical entertainment with Kelly Bayfield	Best of four & In my trolley I put... Pen and paper needed	Musical movement with Gina	Musical entertainment with Tony	Family fortunes & quiz with Tina Pen and paper needed
11.30am	11.30am	11.30am	11.30am	11.30am
Chair exercises with Darren	Yoga with Diana	Musical entertainment with Alan Mann	Pilates with Suzi	Musical entertainment with Brian Mann

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