

December 2017

Dementia Harborough

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
48	27	28	29	30	1	2	3
49	4	5	6	7	8	9	10
		Singing for Memories 2pm – 3.30pm at Jubilee Hall, Congregational Church, Bowden Lane, Market Harborough			 Christmas Lunch 12am Waterfront Restaurant Union Wharf Market Harborough LE16 7UW		
50	11	12	13	14	15	16	17
	Dementia café at The Well, 45 High Street Kibworth 2.00pm – 3.30pm						
51	18	19	20	21	22	23	24
				 Dementia café Christmas Party 2pm – 4pm at Jubilee Hall, Congregational Church, Bowden Lane Market Harborough			
52	25	26	27	28	29	30	31
	Christmas Day	Boxing Day					

Singing for Memories

held at Jubilee Hall, Congregational Church Hall, Bowden Lane, Market Harborough, LE16 7AF. A fun afternoon of song, music and dance.

Dementia Café at The Well, Kibworth

come along for coffee, cake and conversation.

Dementia Café Market Harborough

held at Jubilee Hall, Congregational Church Hall, Bowden Lane, Market Harborough, LE16 7JD. See the panel on the right

For further information on any of the above please contact the following:

- Singing for Memories – Sarah Ashman on 07710 011174
- Dementia Café at The Well – Peter Hirst on 07961 538671
- Dementia Café Market Harborough – Sarah Ashman on 07710 011174

We look forward to seeing you.

Programme of Dementia Café speakers and activities

16 November 2017	Arts & Crafts. Floral Christmas table decoration. With expert tuition, we will be making a lovely floral Christmas table decorations which can be taken home to enjoy throughout the Christmas period.
21 December 2017	Christmas party! Festive fun with food, music and games. The perfect way to start the Christmas celebrations.

2018 Cafe Activities

18 January	Julie Hodder from 'Fit as a Fiddle' will be back to help us exercise and overcome the excesses of Christmas and New Year
15 February	Catherine Matthews will be returning to lead us in more arts and crafts activities, this time being a Winter Scene for Xmas Cards
15 March	Another artistic themed session, but this time decorating Easter eggs
19 April	An illustrated talk on Market Harborough by local author and historian Stephen Butt, with photographs 'then and now'
17 May	The Pom Pom Dance Group will be getting us moving on the dance floor
21 June	Harborough FM, our local radio station, will run Bingo and a Sports Quiz
19 July	Nostalgia Cream Tea and Nostalgia Quiz
16 August	Reflexology, Indian Head Massage, Meditation
20 September	Neil Richardson will be returning to regale us with Songs from the Musicals
18 October	To be confirmed
15 November	Elsie's Pottery will lead us in decorating pottery
20 December	Christmas Party