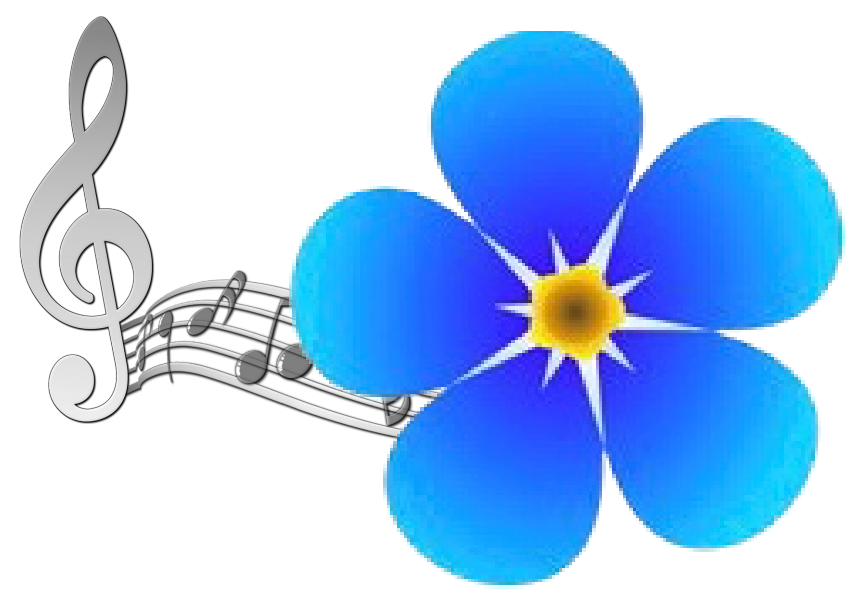


Tenterden



MEMORY CAFE & FRIENDS - EVERY FRIDAY

St Andrews Church Hall, Ashford Road, Tenterden. Every Friday 2-4pm. An informal setting for people with short term memory loss or dementia, their family, friends & carers to meet in an informal setting for tea and cake

MUSICAL MEMORIES - EVERY TUESDAY

Highbury Hall, Highbury Lane, Tenterden. Every Tuesday 10.45am-12 noon. A singing for health group. Not only will it be good fun, but singing is scientifically proven to promote good health and a feel-good factor. Refreshments will be provided

MONTHLY LUNCH CLUB - 4TH WEDNESDAY

Little Silver Hotel, St Michaels, Tenterden. 12.30 for 1pm. A mixed group made up of Memory Cafe visitors, Musical Memories participants and assorted friends of dementia & short term memory loss (occasional tea rather than lunch, please enquire)

SHORT MAT BOWLS - EVERY MONDAY

Tenterden Leisure Centre, Recreation Ground Rd, Tenterden. Every Monday 1pm. A mixed ability group, some people living with dementia, their wives & husbands, others who are older, some with physical problems. Short Mat Bowls is good for social interaction, gentle physical exercise, and stimulates cognitive skills

FOR FURTHER INFORMATION

Jan Bridger
01580 762932
07445 971791

Fridays 2pm Memory Cafe
Tuesdays 10.45am Musical Memories
4th Wed, 1pm Monthly lunches
Mondays 1pm Short Mat Bowls