

## Our Groups

**Monday Music and Movement** - open to anyone affected by dementia and our wider over 60's community.

**£3 per session**

(carers are welcome to attend for free.)

**If you would like to stay for both Fiona's Seated Exercise and Singing with Joe, you are welcome to bring a packed lunch and we will eat together in the hall.**

**Dementia Friendly Gardening Group** - open to anyone affected by dementia. **Free**

### **Dementia Friendly Accessible Nature Walk**

A chance to get out in the fresh air on an accessible amble through nature.

Please do get in touch if you are interested in attending— booking is essential.

**Free** but any refreshments on the day will need paying for.

**Laughter and Lunch Club** - run in partnership with the Friends of Longridge Civic Hall. Open to anyone affected by dementia and our wider over 60's community.

**£5** (carers are welcome to attend for free)

**Young Onset Dementia Café** - open to anyone UNDER the age of retirement affected by dementia. Includes a simple meal.

**No set fee, pay as you can.**

**Friday Friends** - open to anyone over the age of 60 affected by dementia. **This group is full at the moment, please contact us if you would like to join the waiting list.**



**Donna Rowe-Green**  
**Alison Critchley**

**Donna - 07880 348597**

**Alison - 07760 230879**

**rosemaryandtime01@gmail.com**

**www.rosemaryandtimecic.org**



**rosemaryandtimelancs**

**With thanks to our funders and supporters**



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& St Joseph's  
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**Cultivating  
Memories in our  
Local Community**



**What's On  
in  
June**

# What's On In June

Monday Grimsargh Village Hall	Tuesday Longridge Library	Wednesday Friends of Longridge Civic Hall Group	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
2nd 1.30 - 3.30 <b>Singing with Joe</b>	3rd	4th 11.00 - 1.30 <b>Laughter and Lunch Club</b> <b>Ukulele Band</b>	5th 1.30 - 3.30 <b>Nature Walk Ribchester</b>	6th 1.30 - 3.30 <b>Friday Friends</b> <b>Card making for field day</b>
9th 11.00 - 1.00 <b>Seated Exercise with Fiona</b> 1.30 - 3.30 <b>Singing and Drumming with Joe</b>	10th 1.30 - 3.00 <b>Dementia Firendly Gardening</b> <b>Seasonal Hanging Baskets</b>	11th 11.00 - 1.30 <b>Laughter and Lunch Club</b> <b>Seated Exercise with Fiona</b>	12th 5.30 - 7.30 <b>Young Onset Café</b>	13th 1.30 - 3.30 <b>Friday Friends</b> <b>Seated Exercise with Fiona</b>
16th 1.30 - 3.30 <b>Singing with Joe</b>	17th	18th 11.00 - 1.30 <b>Laughter and Lunch Club</b> <b>Beetle Drive</b>	19th	20th 1.30 - 3.30 <b>Friday Friends</b> <b>Singing with Joe</b>
23rd 11.00 - 1.00 <b>Seated Exercise with Fiona</b> 1.30 - 3.30 <b>Singing and Drumming with Joe</b>	24th	25th 11.00 - 1.30 <b>Laughter and Lunch Club</b> <b>Making Scarecrows</b>	26th 5.30 - 7.30 <b>Young Onset Café</b> <b>Making Scarecrows</b>	27th 1.30 - 3.30 <b>Friday Friends</b> <b>Singing with Joe</b>
30th 1.30 - 3.30 <b>Singing with Joe</b>				<b>Saturday 28th June</b> <b>Grimsargh Field Day</b>