

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..**



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rosemaryandtimelancs

With thanks to our funders and supporters



**Maria Holland
& St Joseph's
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Longridge Vets

Donations may be made via
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*Cultivating
Memories in our
Community*



*What's On
in
April*

What's On In April

Monday Grimsargh Village Hall	Tuesday Longridge Library	Wednesday Friends of Longridge Civic Hall Group	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
	1st	2nd 11.00 - 1.30 Laughter and Lunch Club	3rd	4th 1.30 - 3.30 Friday Friends Rusty Band
7th 1.30 - 3.30 Music with Joe	8th 1.30 - 3.00 Dementia Friendly Gardening Summer Flowering Bulbs	9th 11.00 - 1.30 Laughter and Lunch Club Seated Exercise with Fiona	10th 5.30 - 7.30 Young Onset Café	11th 1.30 - 3.30 Friday Friends Seated Exercise with Fiona
14th 11.00 - 1.00 Seated Exercise with Fiona 1.30 - 3.30 Music and Drumming with Joe	15th 1.30 - 3.00 Nature Walk Astley Hall, Chorley	16th 11.00 - 1.30 Laughter and Lunch Club Easter Crafts	17th	18th Good Friday—No Friday Friends
21st Easter Monday—No Groups	22nd	23rd 11.00 - 1.30 Laughter and Lunch Club Red & White Theme	24th 5.30 - 7.30 Young Onset Café	25th 1.30 - 3.30 Friday Friends Music & Singing with Joe
28th 11.00 - 1.00 Seated Exercise with Fiona 1.30 - 3.30 Music and Drumming with Joe	29th	30th 11.00 - 1.30 Laughter and Lunch Club Seated Exercise with Fiona		