

## *Our Groups*

*Music & Singing with Joe* - open to anyone affected by dementia and our wider over 60's community.

**This group is full at the moment, please contact us if you would like to join the waiting list.**

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

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*Open Door Thursday* - A calm, welcoming space for family carers caring for a loved one with dementia to relax, chat and connect with others who understand.

**£3 for carers** (family member 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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**With thanks to our funders and supporters**



**Donations can be made via this QR Code. Thank you.**



***Cultivating  
Memories in our  
Local Community***



***What's On  
in  
February***

# What's On In February

Monday Grimsargh Village Hall	Tuesday Longridge Library	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
2nd 1.30 - 3.30 Monday Music Singing with Joe	3rd	5th	6th 1.30 - 3.30 Friday Friends Garstang Ukulele Band
9th 1.30 - 3.30 Monday Music Singing and drumming with Joe	10th 1.30 - 3.00 Dementia Friendly Gardening Seed Bomb Making	12th 2.00 - 4.00 Open Door Thursday Soap making demonstration 4.30 - 6.30 Young Onset Café Bingo	13th 1.30 - 3.30 Friday Friends Caribbean theme party
16th 1.30 - 3.30 Monday Music Singing with Joe	17th	19th	20th 1.30 - 3.30 Friday Friends Music & Singing with Joe
23rd 1.30 - 3.30 Monday Music Singing and drumming with Joe	24th	26th 2.00 - 4.00 Open Door Thursday Relaxation with Helen 4.30 - 6.30 Young Onset Café Beetle Drive	27th 1.30 - 3.30 Friday Friends Beetle Drive