

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
Fund**

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Volunteers**



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**Cultivating
Memories in our
Community**



**What's On
in
May**

What's On In May

Monday Grimsargh Village Hall	Tuesday Longridge Library	Wednesday Friends of Longridge Civic Hall Group	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
			1st	2nd 1.30 - 3.30 Friday Friends Games & Dominoes
5th Bank Holiday Monday — No Groups	6th 1.30 - 3.30 Nature Walk Alpaca Experience — Dunsop Bridge	7th 11.00 - 1.30 Laughter and Lunch Club VE Day-Sing along with Joe	8th	9th 1.30 - 3.30 Friday Friends VE Day Celebrations Sing Along with Joe
12th 11.00 - 1.00 Seated Exercise with Fiona 1.30 - 3.30 Singing and Drumming with Joe	13th 1.30 - 3.00 Dementia Firendly Gardening Herb Containers	14th 11.00 - 1.30 Laughter and Lunch Club Bingo and games	15th	16th 1.30 - 3.30 Friday Friends Seated Exercise with Fiona
19th 1.30 - 3.30 Singing with Joe	20th	21st 11.00 - 1.30 Laughter and Lunch Club Seated Exercise with Fiona	22nd 5.30 - 7.30 Young Onset Café	23rd 1.30 - 3.30 Friday Friends Singing with Joe
26th Bank Holiday Monday — No Groups	27th	28th 11.00 - 1.30 Laughter and Lunch Club Wiltshire Farm Foods	29th	30th 1.30 - 3.30 Friday Friends Beetle Drive