

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. **£3** (carers are welcome to attend for free.) Enjoy a brew and some cake, an activity and then some singing.



Donna Rowe-Green
Alison Critchley

Tel: 07880348597

rosemaryandtime01@gmail.com

www.rosemaryandtimecic.org



rosemaryandtimelancs

With thanks to our funders and supporters



Maria Holland & St Joseph's Fund

Preston Volunteers

Armed Forces COMMUNITY FUND

Longridge Vets

Donations may be made via this QR Code. Thank you.



*Cultivating
Memories in our
Community*



*What's On
in
March*

What's On In March

Monday Grimsargh Village Hall	Tuesday Longridge Library	Wednesday Friends of Longridge Civic Hall Group	Thursday Grimsargh Village Hall	Friday Grimsargh Village Hall
3rd 1.30 - 3.30 Music with Joe	4th	5th 11.00 - 1.30 Laughter and Lunch Club Board Games	6th 1.30 - 3.30 Birds of Prey at Knowle Green Village Hall (£5)	7th 1.30 - 3.30 Friday Friends Denim for Dementia Craft
10th 11.00 - 1.00 Seated Exercise with Fiona 1.30 - 3.30 Music and Drumming with Joe	11th 1.30 - 3.00 Dementia Friendly Gardening Seed Heads	12th 11.00 - 1.30 Laughter and Lunch Club Seed Heads	13th 5.30 - 7.30 Young Onset Café (venue to be confirmed)	14th 1.30 - 3.30 Friday Friends Seated Exercise with Fiona
17th 1.30 - 3.30 Music with Joe	18th	19th 11.00 - 1.30 Laughter and Lunch Club Seated Exercise with Fiona	20th	21st 1.30 - 3.30 Friday Friends Music with Joe
24th 11.00 - 1.00 Seated Exercise with Fiona 1.30 - 3.30 Music and Drumming with Joe	25th	26th 11.00 - 1.30 Laughter and Lunch Club Rusty Band	27th 5.30 - 7.30 Young Onset Café	28th 1.30 - 3.30 Friday Friends Carers Chat and Dominoes
31st 1.30 - 3.30 Music with Joe				