

Activity Calendar

April 2024



TANGMERE
SageHouse
 by  **Dementia SUPPORT**

Week 1

Donations are welcome at all activities

	10 - 11am	2 - 3pm	
Tuesday 2nd April	Chatter Tables	Painting with Emma (Smart Zone)	
Wednesday 3rd April	Chatter Tables	2pm-3pm Bingo (Smart Zone)	
Thursday 4th April	10 - 11am Chatter Tables	11- 12pm Chairobics with Paul (Activity Room)	2- 3:30pm Painting for Fun with David (Activity Room)
Friday 5th April	10 - 11am Chatter Tables	11- 12pm Mindfulness with Paul (Activity Room)	2pm - 3pm Carpet Bowls (Activity Room)



Week 2

Monday 8th April	10 - 11am	2:15- 3:15pm	
	Chatter Tables	Singing for the Soul (Café)	
Tuesday 9th April	10 - 11am	2 - 3pm	
	Chatter Tables	Ex-Services Group (Activity Room)	
Wednesday 10th April	10 - 11am	10.30am-12pm	2pm-3pm
	Chatter Tables	Watercolour Painting (Smart Zone)	Bingo (Smart Zone)
	10 - 11am	11- 12pm	2- 3:30pm
Thursday 11th April	Chatter Tables	Chairobics with Paul (Activity Room)	Painting for Fun with David (Activity Room)
		10- 12pm	
		Knit & Natter (Café)	
Friday 12th April	10 - 11am	11- 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls (Activity Room)

Week 3

Donations are welcome at all activities

Monday 15th April	10 -11am	2:15 - 3:15pm	
	Chatter Tables	Singing for the Soul (Café)	
Tuesday 16th April	10 - 11am	2- 3pm	
	Chatter Tables	Painting with Emma (Smart Zone)	
Wednesday 17th April	10 - 11am	11-12pm	2- 3pm
	Chatter Tables	Sage Gardening	Bingo (Smart Zone)
	10 - 11am	10- 12pm	2- 3:30pm
Thursday 18th April	Chatter Tables	Knit & Natter (Café)	Painting for Fun with David (Activity Room)
		11am - 12pm	
		Chairobics with Paul (Activity Room)	
Friday 19th April	10 - 11am	11am - 12pm	2 - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls (Activity Room)

Week 4

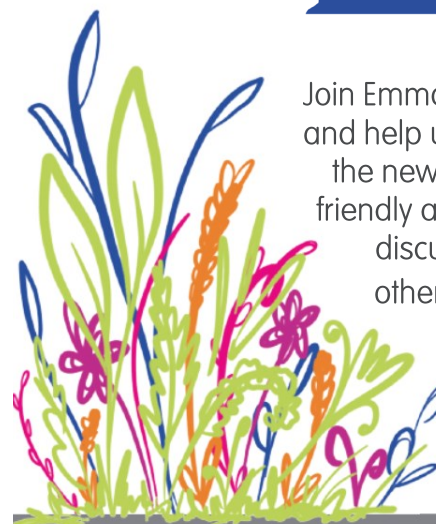
Monday 22nd April	10 - 11am	2:15 - 3:15pm	
	Chatter Tables	Singing for the Soul (Café)	
Tuesday 23rd April	10 - 11am	2 - 3pm	
	Chatter Tables	Painting with Emma (Smart Zone)	
Wednesday 24th April	10 - 11am	10:30am-12pm	2 - 3pm
	Chatter Tables	Watercolour Painting (Smart Zone)	Bingo (Smart Zone)
Thursday 25th April	10 - 11am Chatter Tables	10 - 12pm	2- 3:30pm Painting for Fun with David (Activity Room)
		11- 12pm	
		Move it (Activity Room)	
Friday 26th April	10 - 11am	11am - 12pm	2 - 3pm
	Chatter Tables	Carpet Bowls	Sage House Quiz (Café)

Week 5

Monday 29th April	10 - 11am	2:15- 3:15pm
	Chatter Tables	Singing for the Soul (Café)
Tuesday 30th April	10 - 11am	2 - 3pm
	Chatter Tables	Painting with Emma (Smart Zone)

Sage Gardening

Join Emma in this new gardening activity and help us plant seeds and prepare for the new garden at Sage House. This friendly and social group is open to all; discuss gardening, ideas and other interests on Wednesday 17th April.



What's On

Here are some of the events coming up at Sage House!

Tuesday 9th April, 2:15—3:45pm An Enchanting Afternoon Tea

Indulge in an interactive enchanting allure of harp music with afternoon tea, played by Margaret Watson. Enjoy sandwiches, cake, and tea in Daisy's Café with a selection of wonderful music played with mastery that will leave you spellbound - £12 per person, call or speak to reception to book.



Chatter Tables

Chatter Tables are based in **Daisy's Café** and run Monday—Friday at 10am—11am.

Open to all, these tables are a chance to come in, have a drink and meet our volunteers who are ready to chat. Whether it's your first time at Sage House or you're a regular, the volunteers are happy to talk to everyone.



How to Book

Booking is essential for all Sage House activities and can be done online or over the phone.

It's quick and easy to book your activities online. Simply visit dementiasupport.org.uk/activities, or scan the QR code below with your phone or tablet's camera.

Then just choose your activity and the date you'd like to attend and fill in a few details to reserve your space. You can book online at any time.

Alternatively, you can call **01243 888691** or ask at reception to book. Our opening hours are Monday - Friday, 9am - 4pm.



Scan here!



If you have any questions, please contact us:

01243 888691

info@dementiasupport.org.uk

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