



What's on at Tavistock Memory Café
October to December 2017

October 7th

Ladies and Gents session

Our gentlemen have been invited by the Robey Trust to visit their works in Tavistock (To include tea and biccies) Make sure that Heather has your name for this! Meanwhile the ladies will be doing a spot of baking and cake decorating (Then eating!)

October 21st

Looking forward to Spring

Time for those 'green' fingers to do some planting ready for Spring and for those 'grey' cells to do some work thinking about gardens and flowers.

November 4th

Christmas Art session

To make sure that our room in TASS looks it's best for the Festive season, we will be creating some decorations to put up...so go mad with the glitter!!

November 18th

Exercise with Rosie

It's good to have Rosie back to give us a winter warm up and stretch out. Always a fun session!!

December 2nd

Musical Bingo & Christmas cards

Now's your chance to create a personalised card for someone close, then we will round off the session with a musical version of the old game of Bingo!

December 16th

Christmas Party

Festive fun and frivolity!

Brian Burley is back to entertain and get those toes tapping.

December 30th

Drop in!

Christmas is over, New Year yet to come ... come in a catch up with your Café friends for a chat over a cuppa and cake.

No activities or carers group so just pop in anytime between 2pm and 4pm.

The first session of 2018 is on 13th January – see you there!