






## Activities Timetable

Day	Time	Type	Activity	Location
Monday (excluding Bank Holidays)	10am - 1pm		Brigstock Road Community Hub	Scratchley Hall, 81 Brigstock Road, CR7 7JH, email <a href="mailto:communityhub@arccltd.com">communityhub@arccltd.com</a> for details
	10:30am-12:30pm		Memory Tree Café: for those with a diagnosis of dementia, and their carers <b>(South Croydon)</b>	Call 020 8686 0066 or email <a href="mailto:memorytreecafe@ageukcroydon.org.uk">memorytreecafe@ageukcroydon.org.uk</a> for details
Tuesday	11am - 1pm		Love to Knit & Crochet	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	2pm - 4pm		Tech Support Drop-in	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Wednesday	10:30am - 11:30am		The Reader: Shared reading group <b>(online)</b>	Please email to register: <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
	1:30pm - 3:30pm		Memory Tree Café: for those with a diagnosis of dementia, and their carers <b>(Thornton Heath)</b>	Call 020 8686 0066 or email <a href="mailto:memorytreecafe@ageukcroydon.org.uk">memorytreecafe@ageukcroydon.org.uk</a> for details
Thursday				
Friday	10:30am - 1pm		Gardening	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	11am - 1pm		Games & Chat	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	2pm - 3:30pm Weekly		You Too Can Sing! Choir <b>(Term Time Only)</b>	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Saturday	1:30pm - 3:30pm 1st & 3rd Sat of the month		Memory Tree Café: for those with a diagnosis of dementia, and their carers <b>(East Croydon)</b>	Call 020 8686 0066 or email <a href="mailto:memorytreecafe@ageukcroydon.org.uk">memorytreecafe@ageukcroydon.org.uk</a> for details