THURSDAY

The Rendezvous

Morning

Coffee and Chat

Table Games

Flower Arranging

Current Affairs

Afternoon

Baking with Buddies

Lounge

Morning

Bingo

Afternoon

Club Social

Stay Active Games

Rainbow Room

I.T Help (By Appointment)

Therapy Room

Time to Talk (By Appointment only)

Salon

**Hairdressers 8:30am-12:00pm*

Time to Talk Health (By Appointment only)

FRIDAY

The Rendezvous

Morning

Coffee and Chat

Card Club

Lounge

Morning

Darts Club

Bingo

Afternoon

Quiz

Activities from

Collyers (term time only)

Rainbow Room

Afternoon

Reading Friends

Plus regular monthly Friday ***Summer Roast Dinner*** *Special with* ***Mega Bingo and Quiz***

Therapy Room

Morning

**Massage 10.00am-13.00pm*

Salon

**Hairdressers 8:30am-12:00pm*

Horsham District ageUK

5 Ways to Wellbeing Activities Menu

Love later life

Lavinia House Hub

Please also look at our monthly programme for details of our special events and outings (programme subject to change if required)

Lavinia House,
Dukes Square, Horsham,
RH12 1GZ
Open Tuesday to Friday
8:30—16:00

01403 260560

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The Monday club at Lavinia House is for those living with Dementia, enabling their relatives to have day respite.

The small friendly club takes up to 15 members and provides Dementia friendly activities around individuals interests, hobbies and abilities.

During the day a hot two course lunch is provided as well as other refreshments.

Regular carers meetings enable carers to access support, information and advice if required

For a free trial day at the Monday club please call 01403 260560

TUESDAY

The Rendezvous

Morning

Coffee and Chat

Rummy League

Table Games/Brain Games

Afternoon

Stich in Time Sewing and Craft Club

Lounge

Morning

**Chair Aerobics - weekly*

Afternoon

Stay active games

Rainbow Room

Afternoon

**French for Beginners/Intermediate*

Salon

**Hairdressers 8:30am-12:00pm*

Time to Talk pm (By appointment only)

All those activities with an * are paid for activities

WEDNESDAY

The Rendezvous

Morning

Coffee and Chat

Card Club

Dominoes

Lounge

Morning

Chair Aerobics - (DVD)/Wednesday Walks

Afternoon

Club Social (with St Mary's pre school-term time)

Rainbow Room

Art Club all day

**Monthly Art Therapy Sessions*

Therapy Room

Morning

4 Sight (Monthly by Appointment)

Afternoon

**Foot care (Weekly by appointment)*

Age UK Horsham District is a charitable company limited by guarantee and registered in England and Wales. Registered Charity Number 1085988. Company Number 04169358. Registered Office: Lavinia House, Dukes Square, Horsham, RH12 1GZ