



**Everyone
is welcome**
we'd love to see
you there!

The Minds Together Cafe Timetable for 2026

Goodinge Community Centre, London, N7 9GZ
1-3pm

 Winter Warmers 15th January 2026	 Hearts & Connections 12th February	 Spring into Health 12th March	 New Beginnings 9th April 2026
 Blossom & Bloom 14th May 2026	 Sunshine & Smiles 11th June 2026	 Creative Summer 9th July 2026	 Summer Wellbeing 13th August 2026
 Golden Memories 17th September 2026	 Autumn Reflections 15th October 2026	 Remembrance & Reflection 5th November 2026	 Festive Cheer 3rd December 2026

**Each month there will be a professional led service leading
an activity/ session for the residents including:**

Carers Hub, Pet Therapy, Kick Off with a Verse at Park Theatre, Arsenal health and well-being, Islington Parks, The Phoenix Garden, More Life, UCLH and many more!

For more information please search for Goodinge Community Centre on Facebook or visit ageuk.org.uk/islington/activities-and-events/dementia-friendly-islington-activities