

HORSHAM COMMUNITY TIMETABLE

For more information or to book contact 01403 260560 or email info-horsham@ageukwsbh.otg.uk

MONDAY

Age UK Dementia Daybreak
Respite group for those living with dementia. Includes stimulating activities, refreshments and a 2-course meal. From 10.00am- 3.00pm. Booking Required

Age UK Cuppa and chat
Every 2nd Monday, from 1.30pm- 3.00pm at the Red Lion Ashington

Age UK Tea and Friendship
Every 1st Monday, from 2.00pm- 4.00pm at St Johns Church, Broadbridge heath

TUESDAY

Chair Fitness with sue
11.00am- 11.40am at Lavinia House, Horsham

Cuppa and chat social group- Age UK
1st Tuesday of the month from 1.30pm- 3.30pm at the Shelley Arms, Broadbridge heath

WEDNESDAY

Dementia Support Bingo!
From 10.30am- 12.00pm at Lavinia House, Horsham
Call 01403 330133 for further information

THURSDAY

Age UK Silver Bullet men's group
1st Thursday of the month, from 10am- 12.00pm at the Coot Pub, Horsham

Age UK Chatty Crochet
From 12.30pm- 2.30pm at Lavinia House, Horsham

Dementia Support Singing for the soul
From 2.00pm- 3.00pm at Lavinia House, Horsham
Call 01403 330133 for further information

FRIDAY

Age UK Friendship Fridays
A friendly, Inclusive group with fun activities and 2-course meal. From 10.00am- 2.00pm at Lavinia House, Horsham. Booking Required