

Crawley Activities Timetable

Monday	Tues	Wednesday	Thursday	Friday	Saturday
<p><u>Cuppa & Company</u></p> <p><u>10.30am – 12pm</u> £1.00 <u>West Green</u></p> <p>Coffee morning and a great way to catch up over tea coffee and biscuits with great company.</p> <p><u>Mindful Movement</u></p> <p><u>10.45-12.00pm</u> <u>Broadfield Stadium</u></p> <p>A supportive space for individuals with dementia to connect, share experiences and enjoy gentle exercise.</p>		<p><u>Lunch & Company</u> <u>(Term Time Only)</u></p> <p><u>12pm – 2pm</u> 50p <u>Cornerstone Café</u> <u>St Andrews Church</u> <u>Furnace Green</u> <u>RH10 6NU</u></p> <p>You can purchase lunch separately from Cornerstone Café on arrival.</p> <p>A great way of meeting new people in the community</p> <p>No booking required.</p> 	<p><u>Sunshine Seniors</u> <u>10am – 2pm</u> £10 <u>Maidenbower Park Pavilion</u></p> <p>Weekly activities, a group for older people. Whether you are looking to be social, remain active or living with early onset Dementia this session will provide an inclusive space for everyone.</p> <p><i>Refreshments provided. Cooked lunch can be purchased at the café or you can bring your own packed lunch.</i></p> <p>For more details, please contact us on 01403 260560 or email crawley@ageukwestsussex.org.uk</p> <p><u>Dementia Day Break</u> <u>Tilgate</u> <u>10am-3pm</u></p> <p>We support members to engage in stimulating and meaningful activities to promote confidence and social interaction. Family/friend carers also benefit from the weekly respite this provides.</p> <p>All refreshments and a two-course lunch are provided.</p> <p>For more details, please contact us on 01403 260560 or email crawley@ageukwestsussex.org.uk</p>	<p><u>Classic Film Club & Cream Tea</u></p> <p><u>(Once a month)</u> <u>12.30pm – 4.30pm</u> £6</p> <p><u>St Pauls Methodist Church</u> <u>Woodfield Road</u> <u>RH10 8ER</u> <u>(100 Bus Route)</u></p> <p>Includes two pots of tea, scone, jam and cream, a film viewing and good company.</p> <p>To book please contact us on 01403 260560 or email crawley@ageukwestsussex.org.uk</p> 	<p><u>Poppins Community Café</u></p> <p><u>1st and 3rd</u> <u>Saturday of the</u> <u>month</u> <u>10.00am</u></p> <p><u>*Age Uk Recommends*</u></p> <p>Pop Along to the community run café, for a little social gathering, friendly faces and a nice hot cup of coffee and cake everyone is welcome.</p> <p>No Booking required</p>