

# Dementia Club UK

Est. 2015  
Caring for the community  
Sponsored by Saracens

## 2022 Programme



Every Session at each of our venues includes some form of light exercise and musical entertainment, provided by professional instructors and entertainers.



There are quizzes, singalongs and Bingo in which everyone takes part and other social activities.



Tea/coffee and cakes are provided.



For further details or cancellations information please check with Lisa on **07956 858 913** or email [lisa.rutter@dementiaclubuk.org.uk](mailto:lisa.rutter@dementiaclubuk.org.uk) or visit our Website for more details [www.dementiaclubuk.org.uk](http://www.dementiaclubuk.org.uk)



### Mondays

**FIRST** Monday of every month  
2pm to 4pm

**Sha'arei Tsedek Synagogue**  
120 Oakleigh Road North  
Whetstone, London N20 9EZ

**No sessions on:**  
**3/1/22 | 2/5/22 | 3/10/22**



**SECOND** Monday of every month  
2pm to 4pm

**The Finchley Cricket Club**  
33-45 East End Road  
Finchley  
London N3 2TA



**THIRD** Monday of every month  
2pm to 4pm

**Friend in Need**  
East Barnet Baptist Church  
Community Hall, Crescent Road  
Barnet EN4 8PS



**No session on: 18/4/22**

### Tuesdays

**FIRST** Tuesday of every month  
2pm to 4pm

**Eversfield Centre**  
11 Eversfield Gardens, Mill Hill  
London NW7 2AE

**No sessions on: 4/1/22**



**SECOND** Tuesday of every month  
1.30pm to 3.30pm

**Barnet Copthall Leisure Centre**  
Champions Way  
Hendon,  
London NW4 1PX



**THIRD & FOURTH** Tuesday  
2.30pm to 4.15pm

**ZOOM Sessions**  
Chat time & Quizzes. **Music Singalong with James Le Bec & Music Quiz** followed by **Exercise to Music with Eon Walters** and **BINGO**

**No sessions on the First & Second**

**WEEKLY** Tuesday Evening  
7pm to 8.30pm

**ZOOM Carers Group Meeting**  
Time for carers and families to ask questions, share any concerns, talk to professionals and our GP and Trustee **Dr Angela Parker** for information and advice on any medical concerns, Lisa & Andrew on any caring matters

**No sessions: 3/5/22 | 20/12/22 | 27/12/22**

### Wednesdays

**WEEKLY** Wednesday  
2pm to 4pm

**Finchley Memorial Hospital**  
Granville Road,  
North Finchley,  
London N12 0JE

**BOOKING REQUIRED**  
Contact Lisa

**No sessions on:**  
**19/1/22 | 9/2/22 | 20/4/22 | 4/5/22 | 22/6/22 | 26/10/22 | XMAS HOLIDAYS FROM 20/12/22**