



<https://go2.dementiaclub.uk>

# Dementia Club UK Est. 2015

*Caring for the community*  
Sponsored by Saracens

## 2024 Calendar





# Our Venues

Every session at each venue starts with teas/coffees and lovely cakes whilst chatting and making new friends. We have quizzes, singing, poetry, Bingo, and a variety of activities followed by fun exercises to music provided by qualified instructors and live music entertainment.

We also organise various outings every year to interesting places.

**Please check with Lisa for any cancellations or for further details on 07956 858 913 or email [lisa.rutter@dementiaclubuk.org.uk](mailto:lisa.rutter@dementiaclubuk.org.uk)**



The Walfinch Team

## First Monday

of every month

**2pm to 4pm**

## Sha'arei Tsedek Synagogue

120 Oakleigh Road North

Whetstone, London N20 9EZ

ק"ק שערי צדק  
Sha'arei Tsedek  
North London Reform Synagogue

## Second Monday

of every month

**2pm to 4pm**

## Hendon Golf Club

Ashley Walk, Devonshire Road

Mill Hill, NW7 1DG



## Third Monday

of every month

**2pm to 4pm**

## Friend In Need, East Barnet Baptist Church

Community Hall, Crescent Road

Barnet, EN4 8PS



## First Tuesday

of every month

**2pm to 4pm**

## Eversfield Centre

11 Eversfield Gardens

Mill Hill, London, NW7 2AE



## Second Tuesday

of every month

**1.30pm to 3.30pm**

**AND**

## Third and Fourth Tuesday

of every month

**1pm to 3pm**

## Barnet Copthall Leisure Centre

Champions Way

Hendon, London

NW4 1PX

**BETTER**  
the feel good place

## Forget Me Not Walking Football Club



## ONLINE Tuesdays

**Weekly 7pm to 8.30pm**

## Zoom Carers Group Meeting

Ask questions, share concerns/challenges, get advice.



## Weekly Wednesdays

**2pm to 4pm**

## Finchley Memorial Hospital

Granville Road

North Finchley

London

N12 0JE

Please arrive on time to secure your seat and please register your car.



# 2024 January

Engaging in new activities and hobbies **stimulates the mind**, so for the new year, consider exploring a new interest or revisiting an old hobby.

1	Monday	New Year's Day NO Sha'arei Tsedek Synagogue
2	Tuesday	NO Eversfield Zoom Carers Group 7pm
3	Wednesday	Finchley Memorial Hospital 2pm
4	Thursday	
5	Friday	
6	Saturday	
7	Sunday	
8	Monday	Hendon Golf Club 2pm
9	Tuesday	Barnet Copthall 1.30pm Zoom Carers Group 7pm
10	Wednesday	Finchley Memorial Hospital 2pm
11	Thursday	
12	Friday	
13	Saturday	
14	Sunday	
15	Monday	Friends In Need 2pm

16	Tuesday	Copthall Walking Football 1pm Zoom Carers Group 7pm
17	Wednesday	Finchley Memorial Hospital 2pm
18	Thursday	
19	Friday	
20	Saturday	
21	Sunday	
22	Monday	
23	Tuesday	Copthall Walking Football 1pm NO Zoom Carers Group
24	Wednesday	Finchley Memorial Hospital 2pm
25	Thursday	
26	Friday	
27	Saturday	
28	Sunday	
29	Monday	
30	Tuesday	Zoom Carers Group 7pm
31	Wednesday	Finchley Memorial Hospital 2pm

# 2024 February



**Staying socially active supports brain health**, so in the month of love, reach out to friends and loved ones to strengthen your connections.

**1** Thursday

**2** Friday

**3** Saturday

**4** Sunday

**5** Monday **Sha'arei Tsedek Synagogue 2pm**

**6** Tuesday **Eversfield Centre 2pm**  
**Zoom Carers Group 7pm**

**7** Wednesday **Finchley Memorial Hospital 2pm**

**8** Thursday

**9** Friday

**10** Saturday

**11** Sunday

**12** Monday **Hendon Golf Club 2pm**

**13** Tuesday **Barnet Copthall 1.30pm**  
**Pancake Day** **NO Zoom Carers Group**

**14** Wednesday **Finchley Memorial Hospital 2pm**  
**Valentine's** **Valentines with ELVIS**

**15** Thursday

**16** Friday

**17** Saturday

**18** Sunday

**19** Monday **Friends In Need 2pm**

**20** Tuesday **Copthall Walking Football 1pm**  
**Zoom Carers Group 7pm**

**21** Wednesday **Finchley Memorial Hospital 2pm**

**22** Thursday

**23** Friday

**24** Saturday

**25** Sunday

**26** Monday

**27** Tuesday **Copthall Walking Football 1pm**  
**Zoom Carers Group 7pm**

**28** Wednesday **Finchley Memorial Hospital 2pm**

**29** Thursday



# 2024 March



Spending time in nature has calming effects and boosts mood so take the opportunity to enjoy the blooming outdoors.

1	Friday		16	Saturday	
2	Saturday		17	Sunday	
3	Sunday		18	Monday	Friends In Need 2pm
4	Monday	Sha'arei Tsedek Synagogue 2pm	19	Tuesday	Copthall Walking Football 1pm Zoom Carers Group 7pm
5	Tuesday	Eversfield Centre 2pm Zoom Carers Group 7pm	20	Wednesday	Finchley Memorial Hospital 2pm
6	Wednesday	Finchley Memorial Hospital 2pm	21	Thursday	
7	Thursday		22	Friday	
8	Friday		23	Saturday	
9	Saturday		24	Sunday	
10	Sunday	Mother's Day	25	Monday	
11	Monday	Hendon Golf Club 2pm	26	Tuesday	Copthall Walking Football 1pm Zoom Carers Group 7pm
12	Tuesday	Barnet Copthall 1.30pm Zoom Carers Group 7pm	27	Wednesday	Finchley Memorial Hospital 2pm
13	Wednesday	Finchley Memorial Hospital 2pm	28	Thursday	
14	Thursday		29	Friday	Good Friday
15	Friday		30	Saturday	
			31	Sunday	British Summer Time (1 hour forward)
				Easter	

# 2024 April



**Regular physical activity** helps maintain well-being and overall health. It's a great time to start a new exercise or sport.

**Dementia Club UK**   
Caring for the community

**1** Monday  
Easter

NO Sha'arei Tsedek Synagogue

**2** Tuesday

Eversfield Centre 2pm  
Zoom Carers Group 7pm

**3** Wednesday

Finchley Memorial Hospital 2pm

**4** Thursday

**5** Friday

**6** Saturday

**7** Sunday

**8** Monday

Hendon Golf Club 2pm

**9** Tuesday

Barnet Copthall 1.30pm  
Zoom Carers Group 7pm

**10** Wednesday

Finchley Memorial Hospital 2pm

**11** Thursday

**12** Friday

**13** Saturday

**14** Sunday

**15** Monday

Friends In Need 2pm

**16** Tuesday

Copthall Walking Football 1pm  
Zoom Carers Group 7pm

**17** Wednesday

Finchley Memorial Hospital 2pm

**18** Thursday

**19** Friday

**20** Saturday

**21** Sunday

**22** Monday

**23** Tuesday

Copthall Walking Football 1pm  
Zoom Carers Group 7pm

**24** Wednesday

Finchley Memorial Hospital 2pm

**25** Thursday

**26** Friday

**27** Saturday

**28** Sunday

**29** Monday

**30** Tuesday

Zoom Carers Group 7pm



# 2024 May

1 Wednesday

Finchley Memorial Hospital 2pm

2 Thursday

3 Friday

4 Saturday

5 Sunday

6 Monday  
Bank Holiday

NO Sha'arei Tsedek Synagogue

7 Tuesday

Eversfield Centre 2pm  
Zoom Carers Group 7pm

8 Wednesday

Finchley Memorial Hospital 2pm

9 Thursday

10 Friday

11 Saturday

12 Sunday

13 Monday

Dementia Awareness Week  
Hendon Golf Club 2pm

14 Tuesday

Barnet Copthall 1.30pm  
Zoom Carers Group 7pm

15 Wednesday

Finchley Memorial Hospital 2pm

16 Thursday

17 Friday

18 Saturday

19 Sunday

20 Monday

Friends In Need 2pm

21 Tuesday

Copthall Walking Football 1pm  
Zoom Carers Group 7pm

22 Wednesday

Finchley Memorial Hospital 2pm

23 Thursday

24 Friday

25 Saturday

26 Sunday

27 Monday  
Bank Holiday

28 Tuesday

Copthall Walking Football 1pm  
Zoom Carers Group 7pm

29 Wednesday

Finchley Memorial Hospital 2pm

30 Thursday

31 Friday

Music has a powerful impact on mood and well-being, so as spring approaches, think about all the songs that bring back happy memories.

**Dementia Club UK** Since 2015  
Caring for the community  
Sponsored by Synagogues

# 2024 June

Drinking enough water is very important for overall health, especially as temperatures rise. Keep a bottle of water handy and stay hydrated.

**1** Saturday

**2** Sunday

**3** Monday Sha'arei Tsedek Synagogue 2pm

**4** Tuesday Eversfield Centre 2pm  
NO Zoom Carers Group

**5** Wednesday Finchley Memorial Hospital 2pm

**6** Thursday

**7** Friday

**8** Saturday

**9** Sunday

**10** Monday Hendon Golf Club 2pm

**11** Tuesday Barnet Copthall 1.30pm  
Zoom Carers Group 7pm

**12** Wednesday Finchley Memorial Hospital 2pm

**13** Thursday

**14** Friday

**15** Saturday

**16** Sunday  
Father's Day

**17** Monday Friends In Need 2pm

**18** Tuesday Copthall Walking Football 1pm  
Longest Day Zoom Carers Group 7pm

**19** Wednesday Finchley Memorial Hospital 2pm

**20** Thursday

**21** Friday

**22** Saturday

**23** Sunday

**24** Monday

**25** Tuesday Copthall Walking Football 1pm  
Zoom Carers Group 7pm

**26** Wednesday Finchley Memorial Hospital 2pm

**27** Thursday

**28** Friday

**29** Saturday

**30** Sunday



# 2024 July

Enjoy a balanced diet and make the most of the abundance of fresh produce available in summer months. Healthy body is a healthy mind.

1	Monday	Sha'arei Tsedek Synagogue 2pm
2	Tuesday	Eversfield Centre 2pm Zoom Carers Group 7pm
3	Wednesday	Finchley Memorial Hospital 2pm
4	Thursday	
5	Friday	
6	Saturday	
7	Sunday	
8	Monday	Hendon Golf Club 2pm
9	Tuesday	Barnet Copthall 1.30pm NO Zoom Carers Group
10	Wednesday	Finchley Memorial Hospital 2pm
11	Thursday	
12	Friday	
13	Saturday	
14	Sunday	
15	Monday	Friends In Need 2pm

16	Tuesday	Copthall Walking Football 1pm Zoom Carers Group 7pm
17	Wednesday	NO Finchley Memorial Hospital
18	Thursday	
19	Friday	
20	Saturday	
21	Sunday	
22	Monday	
23	Tuesday	Copthall Walking Football 1pm Zoom Carers Group 7pm
24	Wednesday	Finchley Memorial Hospital 2pm
25	Thursday	
26	Friday	
27	Saturday	
28	Sunday	
29	Monday	
30	Tuesday	Zoom Carers Group 7pm
31	Wednesday	Finchley Memorial Hospital 2pm

# 2024 August



Laughter reduces stress so share a joke or funny story with someone and enjoy the light-heartedness of summer.

**1** Thursday

**2** Friday

**3** Saturday

**4** Sunday

**5** Monday **Sha'arei Tsedek Synagogue 2pm**

**6** Tuesday **Eversfield Centre 2pm**  
**Zoom Carers Group 7pm**

**7** Wednesday **Finchley Memorial Hospital 2pm**

**8** Thursday

**9** Friday

**10** Saturday

**11** Sunday

**12** Monday **Hendon Golf Club 2pm**

**13** Tuesday **Barnet Copthall 1.30pm**  
**Zoom Carers Group 7pm**

**14** Wednesday **Finchley Memorial Hospital 2pm**

**15** Thursday

**16** Friday

**17** Saturday

**18** Sunday

**19** Monday **Friends In Need 2pm**

**20** Tuesday **Copthall Walking Football 1pm**  
**Zoom Carers Group 7pm**

**21** Wednesday **Finchley Memorial Hospital 2pm**

**22** Thursday

**23** Friday

**24** Saturday

**25** Sunday

**26** Monday  
**Bank Holiday**

**27** Tuesday **Copthall Walking Football 1pm**  
**Zoom Carers Group 7pm**

**28** Wednesday **Finchley Memorial Hospital 2pm**

**29** Thursday

**30** Friday

**31** Saturday



# 2024 September

**1** Sunday

**2** Monday **Sha'arei Tsedek Synagogue 2pm**

**3** Tuesday **Eversfield Centre 2pm**  
**Zoom Carers Group 7pm**

**4** Wednesday **Finchley Memorial Hospital 2pm**

**5** Thursday

**6** Friday

**7** Saturday

**8** Sunday

**9** Monday **Hendon Golf Club 2pm**

**10** Tuesday **Barnet Copthall 1.30pm**  
**NO Zoom Carers Group**

**11** Wednesday **NO Finchley Memorial Hospital**

**12** Thursday

**13** Friday

**14** Saturday

**15** Sunday

**16** Monday

**Friends In Need 2pm**

**17** Tuesday

**Copthall Walking Football 1pm**  
**NO Zoom Carers Group**

**18** Wednesday

**Finchley Memorial Hospital 2pm**

**19** Thursday

**20** Friday

**21** Saturday

**22** Sunday

**23** Monday

**24** Tuesday **Copthall Walking Football 1pm**  
**Zoom Carers Group 7pm**

**25** Wednesday **Finchley Memorial Hospital 2pm**

**26** Thursday

**27** Friday

**28** Saturday

**29** Sunday

**30** Monday

**Regular rest and relaxation** improves quality of life, so as life picks back up this month, remember to always make time for yourself too.

# 2024 October



**Beware of witches and embrace routine**, establishing structure and normalcy. This helps provide order and reduces stress for you and all.

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1	Tuesday	Eversfield Centre 2pm Zoom Carers Group 7pm
2	Wednesday	Finchley Memorial Hospital 2pm
3	Thursday	
4	Friday	
5	Saturday	
6	Sunday	
7	Monday	Sha'arei Tsedek Synagogue 2pm
8	Tuesday	Barnet Copthall 1.30pm Zoom Carers Group 7pm
9	Wednesday	Finchley Memorial Hospital 2pm
10	Thursday	
11	Friday	
12	Saturday	
13	Sunday	
14	Monday	Hendon Golf Club 2pm
15	Tuesday	Barnet Copthall 1.30pm Zoom Carers Group 7pm

16	Wednesday	Finchley Memorial Hospital 2pm
17	Thursday	
18	Friday	
19	Saturday	
20	Sunday	
21	Monday	Friends In Need 2pm
22	Tuesday	Copthall Walking Football 1pm Zoom Carers Group 7pm
23	Wednesday	Finchley Memorial Hospital 2pm
24	Thursday	
25	Friday	
26	Saturday	
27	Sunday	British Summer Time Ends (1 hour back)
28	Monday	
29	Tuesday	Zoom Carers Group 7pm
30	Wednesday	Finchley Memorial Hospital 2pm
31	Thursday	Halloween



# 2024 November



**Kindness and giving** through small acts of consideration can make a big impact in people's lives, improving everyone's wellbeing.

1	Friday		16	Saturday
2	Saturday		17	Sunday
3	Sunday		18	Monday
4	Monday	Sha'arei Tsedek Synagogue 2pm	19	Tuesday
5	Tuesday	Eversfield Centre 2pm Guy Fawkes Zoom Carers Group 7pm	20	Wednesday
6	Wednesday	Finchley Memorial Hospital 2pm	21	Thursday
7	Thursday		22	Friday
8	Friday		23	Saturday
9	Saturday		24	Sunday
10	Sunday		25	Monday
11	Monday	Remembrance Day Hendon Golf Club 2pm	26	Tuesday
12	Tuesday	Barnet Copthall 1.30pm Zoom Carers Group 7pm	27	Wednesday
13	Wednesday	Finchley Memorial Hospital 2pm	28	Thursday
14	Thursday		29	Friday
15	Friday		30	Saturday

Friends In Need 2pm

Copthall Walking Football 1pm  
Zoom Carers Group 7pm

Finchley Memorial Hospital 2pm

Copthall Walking Football 1pm  
Zoom Carers Group 7pm

Finchley Memorial Hospital 2pm

# 2024

# December

**1** Sunday

**2** Monday

Sha'arei Tsedek Synagogue 2pm

**3** Tuesday

Eversfield Centre 2pm  
Zoom Carers Group 7pm

**4** Wednesday

Finchley Memorial Hospital 2pm

**5** Thursday

**6** Friday

**7** Saturday

**8** Sunday

**9** Monday

Hendon Golf Club 2pm

**10** Tuesday

Barnet Copthall 1pm **XMAS PARTY**  
Zoom Carers Group 7pm

**11** Wednesday

Finchley Memorial Hospital 2pm  
**XMAS PARTY with ELVIS**

**12** Thursday

**13** Friday

**14** Saturday

**15** Sunday

**16** Monday

**17** Tuesday

**18** Wednesday

**19** Thursday

**20** Friday

**21** Saturday

**22** Sunday

**23** Monday

**24** Tuesday  
**Xmas Eve**

**25** Wednesday  
**Xmas**

**26** Thursday  
**Boxing Day**

**27** Friday

**28** Saturday

**29** Sunday

**30** Monday

**31** Tuesday

**New Year's Eve**

**Gratitude** improves our wellbeing and strengthens our relationships and what better month to reflect on all we have to be thankful for.





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