



Dementia Club UK 
Caring for the community
Sponsored by Saracens

Calendar



2025 is our 10th anniversary year, caring for the community since 2015.
 #dcuk10

<https://go2.dementiaclub.uk>
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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

Hendon Golf Club
Ashley Walk, Devonshire Road,
Mill Hill NW7 1DG

Second Monday of every month
2pm to 4pm



MHEC Mill Hill East Church
Salcombe Gardens, Mill Hill
NW7 2NT

Third & Last Thursday of every month
1pm to 3pm

Eversfield Centre
11 Eversfield Gardens, Mill Hill NW7 2AE

First Tuesday of every month
2pm to 4pm



Barnet Cophall Leisure Centre
Champions Way, Hendon NW4 1PX

BETTER The best good place
Second Tuesday of every month
1.30m to 3.30pm


Third & Fourth Tuesday of every month
with Barnet Walking Football Club (BWFC)
1pm to 3pm

Please register your car registration number at Reception and let them know you are attending the Dementia Club.




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

Third & Last Monday of every month
2pm to 4pm



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

First Monday of every month
2pm to 4pm



Finchley Memorial Hospital
Granville Road, North Finchley
N12 0JE


Every Wednesday afternoon
2pm to 4pm

Please arrive on time to secure your seat.
Please make sure you register your car registration number even if you have a disabled badge.



Zoom Carers Group Meeting
Online Tuesdays Weekly - 7pm to 8.30pm

Ask questions, share concerns/challenges, get information and professional advice.



2025



January

The new year is a fresh start. Take the opportunity to try something new that brings joy and stimulates your mind. Every little step helps strengthen your connection to the world.




| | | | | | |
|----|-----------|--|----|-----------|---|
| 1 | Wednesday | New Year's Day | 17 | Friday | |
| 2 | Thursday | | 18 | Saturday | |
| 3 | Friday | | 19 | Sunday | |
| 4 | Saturday | | 20 | Monday | Friends In Need 2pm |
| 5 | Sunday | | 21 | Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 6 | Monday | Sha'arei Tsedek Synagogue 2pm | 22 | Wednesday | Finchley Memorial Hospital 2pm |
| 7 | Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 23 | Thursday | |
| 8 | Wednesday | Finchley Memorial Hospital 2pm | 24 | Friday | |
| 9 | Thursday | | 25 | Saturday | |
| 10 | Friday | | 26 | Sunday | |
| 11 | Saturday | | 27 | Monday | Friend In Need 2pm |
| 12 | Sunday | | 28 | Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 13 | Monday | Hendon Golf Club 2pm | 29 | Wednesday | Finchley Memorial Hospital 2pm |
| 14 | Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 30 | Thursday | Mill Hill East Church 1pm |
| 15 | Wednesday | Finchley Memorial Hospital 2pm | 31 | Friday | |
| 16 | Thursday | Mill Hill East Church 1pm | | | |

2025 February

In this cold month, it's the warmth of relationships that matters most. Make an extra effort to reach out to friends and family, pets too. Those connections will always nurture your wellbeing.




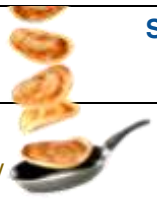


| | | | |
|--------------|---|--------------|---|
| 1 Saturday | | 17 Monday | Friend In Need 2pm |
| 2 Sunday | | 18 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 3 Monday | Sha'arei Tsedek Synagogue 2pm | 19 Wednesday | Finchley Memorial Hospital 2pm |
| 4 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 20 Thursday | Mill Hill East Church 1pm |
| 5 Wednesday | Finchley Memorial Hospital 2pm | 21 Friday | |
| 6 Thursday | | 22 Saturday | |
| 7 Friday | | 23 Sunday | |
| 8 Saturday | | 24 Monday | Friend In Need 2pm |
| 9 Sunday | | 25 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 10 Monday | Hendon Golf Club 2pm | 26 Wednesday | Finchley Memorial Hospital 2pm |
| 11 Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 27 Thursday | Mill Hill East Church 1pm |
| 12 Wednesday | Finchley Memorial Hospital 2pm | 28 Friday | |
| 13 Thursday | | | |
| 14 Friday | Valentine's Day  | | |
| 15 Saturday | | | |
| 16 Sunday | | | |



2025 March

As spring begins, let the season inspire you to embrace small changes. Just like the blossoming flowers, nurturing growth in your life, no matter how small, has a lasting impact.



| | | | | |
|--------------|---|---|--|---|
| 1 Saturday | | 17 Monday | St. Patrick's Day  | Friend In Need 2pm |
| 2 Sunday | | 18 Tuesday | | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 3 Monday |  | 19 Wednesday | | Finchley Memorial Hospital 2pm |
| 4 Tuesday | Pancake Day | 20 Thursday | | Mill Hill East Church 1pm |
| 5 Wednesday | | 21 Friday | | |
| 6 Thursday | | 22 Saturday | | |
| 7 Friday | | 23 Sunday | | |
| 8 Saturday | | 24 Monday | | |
| 9 Sunday | | 25 Tuesday | | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 10 Monday | | 26 Wednesday | | Finchley Memorial Hospital 2pm |
| 11 Tuesday | | 27 Thursday | | Mill Hill East Church 1pm |
| 12 Wednesday | | 28 Friday | | |
| 13 Thursday | | 29 Saturday | | |
| 14 Friday | | 30 Sunday | Mother's Day  | BST +1 hour |
| 15 Saturday | | 31 Monday | | Friend In Need 2pm |
| 16 Sunday | | Dementia Club UK  Caring for the community <small>Sponsored by Saracens</small> | | |

2025 April



Easter is about renewal and new beginnings. Remember, it's never too late to explore fresh opportunities, reinforcing the positive moments that bring you fulfilment.

1 Tuesday

Eversfield Centre 2pm
Carers Meeting 7pm

17 Thursday

Mill Hill East Church 1pm

2 Wednesday

Finchley Memorial Hospital 2pm

18 Friday
Good Friday

3 Thursday

19 Saturday



4 Friday

20 Sunday
Easter Sunday

5 Saturday

21 Monday
Easter Monday

6 Sunday

22 Tuesday
Barnet Copthall with BWFC 1pm
Carers Meeting 7pm

7 Monday

Sha'arei Tsedek Synagogue 2pm

23 Wednesday
Finchley Memorial Hospital 2pm

8 Tuesday

Barnet Copthall 1.30pm
Carers Meeting 7pm

24 Thursday
Mill Hill East Church 1pm

9 Wednesday

Finchley Memorial Hospital 2pm

25 Friday

10 Thursday

26 Saturday

11 Friday

27 Sunday

12 Saturday

28 Monday
Friend In Need 2pm

13 Sunday

29 Tuesday
Carers Meeting 7pm

14 Monday

Hendon Golf Club 2pm

30 Wednesday
Finchley Memorial Hospital 2pm

15 Tuesday

Barnet Copthall with BWFC 1pm
Carers Meeting 7pm

16 Wednesday

Finchley Memorial Hospital 2pm



2025 May

As the days grow longer, it's the perfect time to enjoy the outdoors. Whether it's a short walk or spending time in nature, these simple activities can do wonders for your wellbeing.



| | | | |
|--------------|--|--------------|--|
| 1 Thursday | | 17 Saturday | |
| 2 Friday | | 18 Sunday | |
| 3 Saturday | | 19 Monday | Dementia Action Week 19th - 25th Friend In Need 2pm |
| 4 Sunday | | 20 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 5 Monday | Bank Holiday | 21 Wednesday | Finchley Memorial Hospital 2pm |
| 6 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 22 Thursday | |
| 7 Wednesday | Finchley Memorial Hospital 2pm | 23 Friday | |
| 8 Thursday | Sha'arei Tsedek Synagogue 2pm | 24 Saturday | |
| 9 Friday | | 25 Sunday | |
| 10 Saturday | | 26 Monday | Bank Holiday |
| 11 Sunday | | 27 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 12 Monday | Hendon Golf Club 2pm | 28 Wednesday | Finchley Memorial Hospital 2pm |
| 13 Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 29 Thursday | Mill Hill East Church 1pm |
| 14 Wednesday | Finchley Memorial Hospital 2pm | 30 Friday | |
| 15 Thursday | Mill Hill East Church 1pm | 31 Saturday | |
| 16 Friday | | | |

2025 June

With summer in full bloom, take advantage of the sunlight to rejuvenate your spirit. Outdoor activities, no matter how small, can spark joy and promote a healthy mind.



1 Sunday

2 Monday

3 Tuesday Eversfield Centre 2pm
Carers Meeting 7pm

4 Wednesday Finchley Memorial Hospital 2pm

5 Thursday Sha'arei Tsedek Synagogue 2pm

6 Friday

7 Saturday

8 Sunday

9 Monday Hendon Golf Club 2pm

10 Tuesday Barnet Copthall 1.30pm
Carers Meeting 7pm

11 Wednesday Finchley Memorial Hospital 2pm

12 Thursday

13 Friday

14 Saturday

15 Sunday Father's Day

16 Monday Friend In Need 2pm

17 Tuesday Barnet Copthall with BWFC 1pm
Carers Meeting 7pm

18 Wednesday Finchley Memorial Hospital 2pm

19 Thursday Mill Hill East Church 1pm

20 Friday

21 Saturday

22 Sunday

23 Monday

24 Tuesday Barnet Copthall with BWFC 1pm
Carers Meeting 7pm

25 Wednesday Finchley Memorial Hospital 2pm

26 Thursday Mill Hill East Church 1pm

27 Friday

28 Saturday

29 Sunday

30 Monday Friend In Need 2pm





2025

July

Summer is a time of warmth and togetherness. Cherish the time spent with loved ones and remember that laughter and connection are essential to your happiness.



| | | | |
|--------------|---|--------------|---|
| 1 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 17 Thursday | Mill Hill East Church 1pm |
| 2 Wednesday | Finchley Memorial Hospital 2pm | 18 Friday | |
| 3 Thursday | | 19 Saturday | |
| 4 Friday | | 20 Sunday | |
| 5 Saturday | | 21 Monday | Friend In Need 2pm |
| 6 Sunday | | 22 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 7 Monday | Sha'arei Tsedek Synagogue 2pm | 23 Wednesday | Finchley Memorial Hospital 2pm |
| 8 Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 24 Thursday | |
| 9 Wednesday | Finchley Memorial Hospital 2pm | 25 Friday | |
| 10 Thursday | | 26 Saturday | |
| 11 Friday | | 27 Sunday | |
| 12 Saturday | | 28 Monday | Friend In Need 2pm |
| 13 Sunday | | 29 Tuesday | Carers Meeting 7pm |
| 14 Monday | Hendon Golf Club 2pm | 30 Wednesday | Finchley Memorial Hospital 2pm |
| 15 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm | 31 Thursday | Mill Hill East Church 1pm |
| 16 Wednesday | Finchley Memorial Hospital 2pm | | |

2025 August

As we enjoy the summer sunshine, let it remind us of the importance of staying active. A small walk in the fresh air can be a great way to support your physical and mental health.



| | | | |
|--------------|--|--------------|---|
| 1 Friday | | 17 Sunday | |
| 2 Saturday | | 18 Monday | Friend In Need 2pm |
| 3 Sunday | | 19 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 4 Monday | Sha'arei Tsedek Synagogue 2pm | 20 Wednesday | Finchley Memorial Hospital 2pm |
| 5 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 21 Thursday | Mill Hill East Church 1pm |
| 6 Wednesday | Finchley Memorial Hospital 2pm | 22 Friday | |
| 7 Thursday | | 23 Saturday | |
| 8 Friday | | 24 Sunday | |
| 9 Saturday | | 25 Monday | Bank Holiday |
| 10 Sunday | | 26 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 11 Monday | Hendon Golf Club 2pm | 27 Wednesday | Finchley Memorial Hospital 2pm |
| 12 Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 28 Thursday | Mill Hill East Church 1pm |
| 13 Wednesday | Finchley Memorial Hospital 2pm | 29 Friday | |
| 14 Thursday | | 30 Saturday | |
| 15 Friday | | 31 Sunday | |
| 16 Saturday | | | |

2025 September

As autumn arrives, it's a wonderful time to reflect on the memories made over the year. Treasure these moments and celebrate the joy of connection with others.




| | | | |
|--------------|--|--------------|--|
| 1 Monday | Sha'arei Tsedek Synagogue 2pm | 17 Wednesday | Finchley Memorial Hospital 2pm |
| 2 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 18 Thursday | Mill Hill East Church 1pm |
| 3 Wednesday | Finchley Memorial Hospital 2pm | 19 Friday | |
| 4 Thursday | | 20 Saturday | |
| 5 Friday | | 21 Sunday | World Alzheimer's Day |
| 6 Saturday | | 22 Monday | |
| 7 Sunday | | 23 Tuesday | Barnet Cophall with BWFC 1pm Carers Meeting 7pm |
| 8 Monday | Hendon Golf Club 2pm | 24 Wednesday | Finchley Memorial Hospital 2pm |
| 9 Tuesday | Barnet Cophall 1.30pm Carers Meeting 7pm | 25 Thursday | Mill Hill East Church 1pm |
| 10 Wednesday | Finchley Memorial Hospital 2pm | 26 Friday | |
| 11 Thursday | | 27 Saturday | |
| 12 Friday | | 28 Sunday | |
| 13 Saturday | | 29 Monday | Friend In Need 2pm |
| 14 Sunday | | 30 Tuesday | Carers Meeting 7pm |
| 15 Monday | Friend In Need 2pm | | |
| 16 Tuesday | Barnet Cophall with BWFC 1pm Carers Meeting 7pm | | |



2025 October

The crisp autumn air is a reminder to stay active and engaged. Consider trying something new this month. Every little effort counts towards a healthier, more positive outlook.

| | | | | | |
|----|-----------|--|----|-----------|---|
| 1 | Wednesday | Finchley Memorial Hospital 2pm | 17 | Friday | |
| 2 | Thursday | | 18 | Saturday | |
| 3 | Friday | | 19 | Sunday | |
| 4 | Saturday | | 20 | Monday | Friend In Need 2pm |
| 5 | Sunday | | 21 | Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 6 | Monday | Sha'arei Tsedek Synagogue 2pm | 22 | Wednesday | Finchley Memorial Hospital 2pm |
| 7 | Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 23 | Thursday | |
| 8 | Wednesday | Finchley Memorial Hospital 2pm | 24 | Friday | |
| 9 | Thursday | | 25 | Saturday | |
| 10 | Friday | | 26 | Sunday | GMT -1 hour |
| 11 | Saturday | | 27 | Monday | Friend In Need 2pm |
| 12 | Sunday | | 28 | Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 13 | Monday | Hendon Golf Club 2pm | 29 | Wednesday | Finchley Memorial Hospital 2pm |
| 14 | Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 30 | Thursday | Mill Hill East Church 1pm |
| 15 | Wednesday | Finchley Memorial Hospital 2pm | 31 | Friday | Halloween  |
| 16 | Thursday | Mill Hill East Church 1pm | | | |



2025 November

Though the days are getting shorter, **there's warmth in the connections we hold dear.** Spend quality time with those who lift your spirits, a chat over mulled wine can make all the difference.





| | | | |
|--------------|--|--------------|---|
| 1 Saturday | | 17 Monday | Friend In Need 2pm |
| 2 Sunday | | 18 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 3 Monday | Sha'arei Tsedek Synagogue 2pm | 19 Wednesday | Finchley Memorial Hospital 2pm |
| 4 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 20 Thursday | Mill Hill East Church 1pm |
| 5 Wednesday | Finchley Memorial Hospital 2pm | 21 Friday | |
| 6 Thursday | Guy Fawkes | 22 Saturday | |
| 7 Friday | | 23 Sunday | |
| 8 Saturday | | 24 Monday | Friend In Need 2pm |
| 9 Sunday | Remembrance Sunday | 25 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm |
| 10 Monday | Hendon Golf Club 2pm | 26 Wednesday | Finchley Memorial Hospital 2pm |
| 11 Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 27 Thursday | Mill Hill East Church 1pm |
| 12 Wednesday | Finchley Memorial Hospital 2pm | 28 Friday | |
| 13 Thursday | | 29 Saturday | |
| 14 Friday | | 30 Sunday | |
| 15 Saturday | | | |
| 16 Sunday | | | |

2025 December

The festive season is a time for **togetherness**. Reflect on the love and support surrounding you, and embrace the joy that comes from sharing special moments with family and friends.



| | | | |
|--------------|--|--------------|---|
| 1 Monday | Sha'arei Tsedek Synagogue 2pm | 17 Wednesday | Finchley Memorial Hospital 2pm |
| 2 Tuesday | Eversfield Centre 2pm Carers Meeting 7pm | 18 Thursday | Mill Hill East Church 1pm |
| 3 Wednesday | Finchley Memorial Hospital 2pm | 19 Friday | |
| 4 Thursday | | 20 Saturday | |
| 5 Friday | | 21 Sunday | |
| 6 Saturday | | 22 Monday | |
| 7 Sunday | | 23 Tuesday | |
| 8 Monday | Hendon Golf Club 2pm | 24 Wednesday | |
| 9 Tuesday | Barnet Copthall 1.30pm Carers Meeting 7pm | 25 Thursday | Christmas Day  |
| 10 Wednesday | Finchley Memorial Hospital 2pm | 26 Friday | Boxing Day |
| 11 Thursday | Dementia Club UK 10th Anniversary  | 27 Saturday | |
| 12 Friday | | 28 Sunday | |
| 13 Saturday | | 29 Monday | |
| 14 Sunday | | 30 Tuesday | |
| 15 Monday | Friend In Need 2pm | 31 Wednesday | New Year's Eve |
| 16 Tuesday | Barnet Copthall with BWFC 1pm Carers Meeting 7pm | | |



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