



# The 2026 Calendar

**10 YEARS**

Celebrating our 10th anniversary  
11th December 2015 to 11th December 2025

**Dementia Club UK**  
Caring for the community since 2015

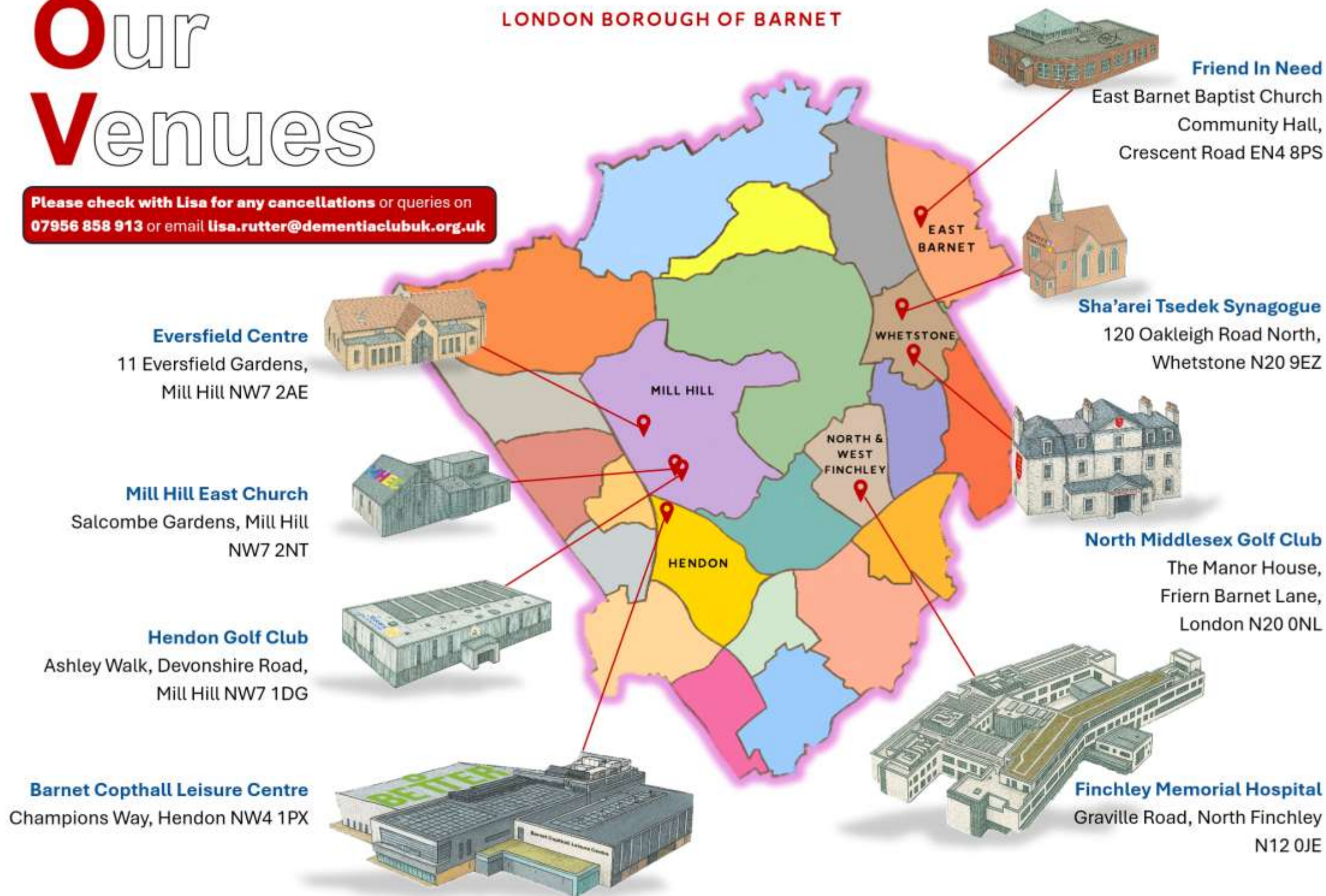




# Our Venues

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

## LONDON BOROUGH OF BARNET



# 2026 January

A new year is a chance to build fresh routines. Even a small daily activity can give structure, boost mood, and bring purpose. Start with something that makes you smile.



1	Thursday	New Year's Day
2	Friday	
3	Saturday	
4	Sunday	
5	Monday	Sha'arei Tsedek Synagogue 2pm
6	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
7	Wednesday	Finchley Memorial Hospital 2pm
8	Thursday	North Middlesex Golf Club 2pm
9	Friday	
10	Saturday	
11	Sunday	
12	Monday	Hendon Golf Club 2pm
13	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
14	Wednesday	Finchley Memorial Hospital 2pm
15	Thursday	Mill Hill East Church 1pm
16	Friday	

17	Saturday	
18	Sunday	
19	Monday	Friend In Need 2pm
20	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
21	Wednesday	Finchley Memorial Hospital 2pm
22	Thursday	North Middlesex Golf Club 2pm
23	Friday	
24	Saturday	
25	Sunday	
26	Monday	Friend In Need 2pm
27	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
28	Wednesday	Finchley Memorial Hospital 2pm
29	Thursday	Mill Hill East Church 1pm
30	Friday	
31	Saturday	





# 2026 February

**Cold days are perfect for cosy indoor moments.**

Try a familiar puzzle, a favourite song, or baking something together. Simple activities can bring comfort and connection.



She's from  
Strictly Come Dancing  
Katya Jones

1	Sunday	
2	Monday	Sha'arei Tsedek Synagogue 2pm
3	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
4	Wednesday	Finchley Memorial Hospital 2pm
5	Thursday	North Middlesex Golf Club 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	Mill Hill East Church 1pm
13	Friday	
14	Saturday	Valentine's Day
15	Sunday	
16	Monday	Friend In Need 2pm

17	Tuesday	Barnet Copthall Walking FC 1pm Pancake Day Carers Meeting 7pm
18	Wednesday	Finchley Memorial Hospital 2pm
19	Thursday	North Middlesex Golf Club 2pm
20	Friday	
21	Saturday	
22	Sunday	
23	Monday	Friend In Need 2pm
24	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
25	Wednesday	Finchley Memorial Hospital 2pm
26	Thursday	Mill Hill East Church 1pm
27	Friday	
28	Saturday	



# 2026 March

**As days grow longer, take time to enjoy fresh air.** A short walk, even by an open window, can lift spirits and help keep a healthy rhythm.



1	Sunday	
2	Monday	Sha'arei Tsedek Synagogue 2pm
3	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
4	Wednesday	Finchley Memorial Hospital 2pm
5	Thursday	North Middlesex Golf Club 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	North Middlesex Golf Club 2pm
13	Friday	
14	Saturday	
15	Sunday	Mother's Day 
16	Monday	Friend In Need 2pm

17	Tuesday	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 Walking FC 1pm Carers Meeting 7pm
25	Wednesday	Finchley Memorial Hospital 2pm
26	Thursday	Mill Hill East Church 1pm
27	Friday	
28	Saturday	
29	Sunday	BST +1 hour
30	Monday	Friend In Need 2pm
31	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm



# 2026 April

**Spring encourages growth.** Try doing one thing differently this month... a new food, game, or route. Change, even small, can reawaken curiosity and spark conversation.



1	Wednesday	Finchley Memorial Hospital 2pm
2	Thursday	North Middlesex Golf Club 2pm
3	Friday Good Friday	
4	Saturday	
5	Sunday Easter Sunday	
6	Monday Easter Monday	
7	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
8	Wednesday	Finchley Memorial Hospital 2pm
9	Thursday	
10	Friday	
11	Saturday	
12	Sunday	
13	Monday	Hendon Golf Club 2pm
14	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
15	Wednesday	Finchley Memorial Hospital 2pm
16	Thursday	Mill Hill East Church 1pm

17	Friday	
18	Saturday	
19	Sunday	
20	Monday	Friend In Need 2pm
21	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
22	Wednesday	Finchley Memorial Hospital 2pm
23	Thursday	North Middlesex Golf Club 2pm
24	Friday	
25	Saturday	
26	Sunday	
27	Monday	Friend In Need 2pm
28	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
29	Wednesday	Finchley Memorial Hospital 2pm
30	Thursday	Mill Hill East Church 1pm



# 2026 May

**Nature is in full bloom.** Watching birds, planting flowers, or sitting in the garden can bring calm and joy. Being outside together can make a big difference.



1	Friday	
2	Saturday	
3	Sunday	
4	Monday	Bank Holiday
5	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
6	Wednesday	Finchley Memorial Hospital 2pm
7	Thursday	North Middlesex Golf Club 2pm
8	Friday	
9	Saturday	
10	Sunday	
11	Monday	Hendon Golf Club 2pm
12	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
13	Wednesday	Finchley Memorial Hospital 2pm
14	Thursday	Mill Hill East Church 1pm
15	Friday	
16	Saturday	

17	Sunday	
18	Monday	Friend In Need 2pm
19	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
20	Wednesday	Finchley Memorial Hospital 2pm
21	Thursday	Mill Hill East Church 1pm
22	Friday	
23	Saturday	
24	Sunday	
25	Monday	Bank Holiday
26	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
27	Wednesday	Finchley Memorial Hospital 2pm
28	Thursday	North Middlesex Golf Club 2pm
29	Friday	
30	Saturday	
31	Sunday	





# 2026 June

**Warmer weather offers new chances to connect.**  
A shared picnic, garden visit, or friendly chat in the sun supports wellbeing and strengthens relationships.



1	Monday	Sha'arei Tsedek Synagogue 2pm
2	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
3	Wednesday	Finchley Memorial Hospital 2pm
4	Thursday	North Middlesex Golf Club 2pm
5	Friday	
6	Saturday	
7	Sunday	
8	Monday	Hendon Golf Club 2pm
9	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
10	Wednesday	Finchley Memorial Hospital 2pm
11	Thursday	
12	Friday	
13	Saturday	
14	Sunday	
15	Monday	Friend In Need 2pm
16	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm

17	Wednesday	Finchley Memorial Hospital 2pm
18	Thursday	Mill Hill East Church 1pm
19	Friday	
20	Saturday	
21	Sunday	<b>Father's Day</b>  Longest Day 4.44am - 9.22pm
22	Monday	
23	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
24	Wednesday	Finchley Memorial Hospital 2pm
25	Thursday	Mill Hill East Church 1pm
26	Friday	
27	Saturday	
28	Sunday	
29	Monday	Friend In Need 2pm
30	Tuesday	Carers Meeting 7pm





**Make the most of summer by enjoying familiar favourites like music, scents, foods, or holidays.** Memories often return through the senses. Talk about happy times together.



1	Wednesday	Finchley Memorial Hospital 2pm
2	Thursday	North Middlesex Golf Club 2pm
3	Friday	
4	Saturday	
5	Sunday	
6	Monday	<b>Sha'arei Tsedek Synagogue 2pm</b>
7	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
8	Wednesday	Finchley Memorial Hospital 2pm
9	Thursday	Mill Hill East Church 1pm
10	Friday	
11	Saturday	
12	Sunday	
13	Monday	Hendon Golf Club 2pm
14	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
15	Wednesday	Finchley Memorial Hospital 2pm
16	Thursday	Mill Hill East Church 1pm

17	Friday	
18	Saturday	
19	Sunday	
20	Monday	Friend In Need 2pm
21	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
22	Wednesday	Finchley Memorial Hospital 2pm
23	Thursday	North Middlesex Golf Club 2pm
24	Friday	
25	Saturday	
26	Sunday	
27	Monday	Friend In Need 2pm
28	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
29	Wednesday	Finchley Memorial Hospital 2pm
30	Thursday	
31	Friday	

# 2026 August

Longer days offer space to rest and recharge.  
Keep cool, stay hydrated, and enjoy a slower pace.  
Small adjustments can make hot days more comfortable.



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

17	Monday	Friend In Need 2pm
18	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
19	Wednesday	Finchley Memorial Hospital 2pm
20	Thursday	
21	Friday	
22	Saturday	
23	Sunday	
24	Monday	
25	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
26	Wednesday	Finchley Memorial Hospital 2pm
27	Thursday	North Middlesex Golf Club 2pm
28	Friday	
29	Saturday	
30	Sunday	
31	Monday	Bank Holiday



# 2026 September

As routines return after summer, try adding a regular shared activity... reading, music, or gentle exercise. Predictable habits can bring comfort and confidence.



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

17	Thursday	Mill Hill East Church 1pm
18	Friday	
19	Saturday	
20	Sunday	
21	Monday	Friend In Need 2pm
22	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
23	Wednesday	Finchley Memorial Hospital 2pm
24	Thursday	Mill Hill East Church 1pm
25	Friday	
26	Saturday	
27	Sunday	
28	Monday	Friend In Need 2pm
29	Tuesday	Carers Meeting 7pm
30	Wednesday	Finchley Memorial Hospital 2pm



# October

**Autumn invites reflection.** Look through old photos or keepsakes and share stories. Remembering together helps strengthen bonds and can spark moments of joy.



1	Thursday	North Middlesex Golf Club 2pm
2	Friday	
3	Saturday	
4	Sunday	
5	Monday	<b>Sha'arei Tsedek Synagogue 2pm</b>
6	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
7	Wednesday	Finchley Memorial Hospital 2pm
8	Thursday	Mill Hill East Church 1pm
9	Friday	
10	Saturday	
11	Sunday	
12	Monday	Hendon Golf Club 2pm
13	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
14	Wednesday	Finchley Memorial Hospital 2pm
15	Thursday	
16	Friday	

17	Saturday	
18	Sunday	
19	Monday	Friend In Need 2pm
20	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
21	Wednesday	Finchley Memorial Hospital 2pm
22	Thursday	North Middlesex Golf Club 2pm
23	Friday	
24	Saturday	
25	Sunday	BST -1 hour
26	Monday	Friend In Need 2pm
27	Tuesday	Barnet Copthall Walking FC 1pm Carers Meeting 7pm
28	Wednesday	Finchley Memorial Hospital 2pm
29	Thursday	
30	Friday	
31	Saturday	Halloween 



# 2026 November

As nights draw in, lighting and routine become even more important. Keep things calm, familiar, and bright. Comfort often comes from knowing what to expect.



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

17	Tuesday	Barnet Copthall Walking FC 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 Walking FC 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



The festive season often brings joy. Focus on what matters most: being together. Traditions are important as well as kindness, calm, and rest which you can surround yourself with in abundance.



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1	Tuesday	Eversfield Centre 2pm Carers Meeting 7pm
2	Wednesday	Finchley Memorial Hospital 2pm
3	Thursday	North Middlesex Golf Club 2pm
4	Friday	
5	Saturday	
6	Sunday	
7	Monday	Sha'arei Tsedek Synagogue 2pm
8	Tuesday	Barnet Copthall 1.30pm Carers Meeting 7pm
9	Wednesday	Finchley Memorial Hospital 2pm
10	Thursday	North Middlesex Golf Club 12pm - 5pm CHRISTMAS PARTY
11	Friday	
12	Saturday	
13	Sunday	
14	Monday	Hendon Golf Club 2pm
15	Tuesday	Barnet Copthall Walking FC 1pm
16	Wednesday	Finchley Memorial Hospital 2pm

17	Thursday	Mill Hill East Church 1pm
18	Friday	
19	Saturday	
20	Sunday	
21	Monday	 Shortest Day 8.04am - 3.54pm
22	Tuesday	
23	Wednesday	
24	Thursday	Christmas Eve
25	Friday	 Christmas Day
26	Saturday	Boxing Day
27	Sunday	
28	Monday	Bank Holiday
29	Tuesday	
30	Wednesday	
31	Thursday	 New Year's Eve