



Holt & District Dementia Support Group



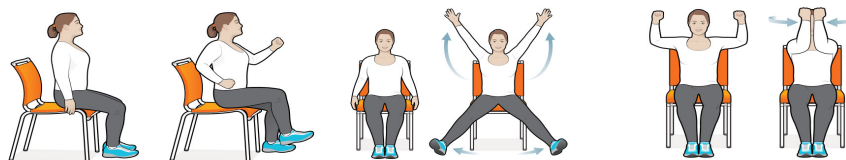
Keeping Active 2018

St Andrew's Church Meeting Room, NR25 6BB

JOIN US on EVERY 3rd THURSDAY of the MONTH from 10.30 to 12.15

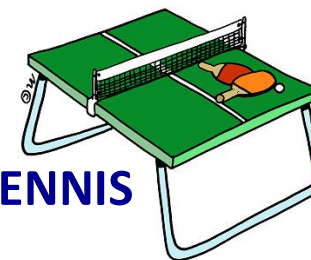
The FREE sessions will offer sitting exercise movement, led by Victory Sports

MAGNETIC
DARTS



and other games including table
skittles, bagatelle and quoits.

TABLE TENNIS



Coffee & cake. Contributions welcomed for H&D Dementia Support Group.

Join us on these Thursdays: May 17th, June 21st, July 12th (NB NOT 19th)
August 16th, September 20th, October 18th, November 15th, December 20th

For further information please contact: holtdementiagroup@outlook.com or Eleanor: Tel. No. 01263 710617
or visit our website: www.holtdementiasupport.org.uk