

# Dementia Club UK

Est. 2015  
Caring for the community  
Sponsored by Saracens

## 2023 Programme



Every Session at each of our venues includes some fun exercises and musical entertainment, provided by professional instructors and music entertainers.



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



Tea/coffee and cakes are provided.



For further information or details about any cancellations 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: 2/1/23 | 1/5/23**

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

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



**No sessions on: 10/4/23 | 8/5/23**

**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: 18/12/23**

### Tuesdays

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

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



**No sessions on: 3/1/23**

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

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



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

**ZOOM Carers Group Meeting**  
Time for carers and families to ask questions and share any concerns and challenges. Talk to professionals, our Trustee and retired GP for information and advice on any medical concerns and Lisa Rutter the Chairman on any caring matters.

**No sessions on: 17/1/23 | 14/2/23  
18/4/23 | 25/4/23 | 26/9/23 | 7/11/23  
19/12/23 | 26/12/23**

### Wednesdays

**WEEKLY** Wednesday  
2pm to 4pm

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

**BOOKING REQUIRED**  
Contact Lisa

**No sessions on: 25/1/23 | 15/2/23  
21/6/23 | 11/10/23 | 20/12/23 | 27/12/23**

**XMAS Holidays from 14/12/23 and back on 3rd January 2024 at Finchley Memorial Hospital**