

## DEMENTIA FRIENDLY ACTIVITIES IN BURY

### WEEK COMMENCING 20<sup>th</sup> JANUARY

#### Monday 20<sup>th</sup>

Otago Chair based exercise at The Green Cafe, Clarence Park, Walmersley Road. BL9 6LN. 13:30-14:30. £2 includes coffee and biscuits

Dignifying Dementia Carers night out. Meet at the Bluebell pub on Manchester Road, Bury/Whitefield BL9 8DW at 7 pm. Food and drink can be purchased from the bar. Sit and chat with people who understand your situation as they are having similar experiences. Just turn up or if you would like more information please phone 07902308823, if no one is available to answer please leave your name and number and one of the group will phone you back.

#### Tuesday 21<sup>st</sup>

Merrie Melodies singing group at Pinfold Lane Day Centre, Pinfold Lane, M45 7NY 13:30-15:00 Free-

#### Wednesday 22<sup>nd</sup>

DD Group at Robin Hood, Market St, Tottington, BL8 4AA 12:00-14:00. Come and join us for lunch, two courses for under £5 then stay and listen to our entertainer for the day who will be singing some of your favourite songs. Please meet in the conservatory.

Forever Friends, a social group for all older people, at Radcliffe Borough Football Club, Stainton Park, M45 3PE. 13:00-15:00 pm.

Purple Room Café, a social group for both carers and cared for in the Jewish Community, at Heathlands Village, Heathlands Drive, Prestwich M25 9SB. 13:00-15:00.

#### Thursday 23<sup>rd</sup>

DD Group at Morrison's in Whitefield, 5 Stanley Road Whitefield M45 8QH. 13:00-15:00 Free. Please meet at customer services at 12:45 to be escorted to the training room. This week will be having a Day at The Races.

#### Friday 24<sup>th</sup>

Reminis-sing at The Manna House, Irwell Street, Bury, BL9 0HE 10:00-12:00

**If you would like to be added to the mailing list, please email [info.wellagedbury@gmail.com](mailto:info.wellagedbury@gmail.com)**

