

Activity Calendar

January 2025

Week 1

Friday 3rd
January

10 - 11am

Chatter Tables

What's On

Craft Club

Drop into Daisy's Café at 10 am - 12pm every Monday morning to engage in a provided craft project or bring one of your own! Meet like-minded people over a shared hobby and a hot drink



Board Game and Puzzle Club

You can drop into our fun games sessions every Tuesday at 10am - 12pm in Daisy's Café. Games will be provided, or bring your own games to share with others



Gardening Gang

Twice monthly during winter, we will be getting the garden ready for Spring, sowing seeds and doing a range of garden crafts. Join us on Wednesday 8th and 22nd January at 11am - 12pm for our gardening club.



Sage
HOUSE
Where Memories Matter

01243 888 691
www.sagehouse.org
Charity no: 1158640

TANGMERE
SageHouse
by  **Dementia**
SUPPORT

Week 2

Monday 6th January	10am - 11am	10am- 12pm	2pm - 3pm
	Chatter Tables	Craft Club	Singing for the soul
Tuesday 7th January	10am - 11am	10am- 12pm	2pm - 3:30pm
	Chatter Tables	Board Game and Puzzle Club	Painting with Lisa
Wednesday 8th January	10am- 11am	11am- 12pm	2pm - 3pm
	Chatter Tables	Gardening Group	Bingo
Thursday 9th January	10am - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Chairbics	Painting with David
Friday 10th January	10am - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul	Carpet Bowls

Week 3

Monday 13th January	10am - 11am	10am- 12pm	2pm - 3pm
	Chatter Tables	Craft Club	Singing for the Soul
Tuesday 14th January	10am- 11am	10am- 12pm	2pm - 3pm
	Chatter Tables	Board Game and Puzzle club	Ex-Services Group
Wednesday 15th January	10am - 11am	10.30am- 12pm	2pm - 3pm
	Chatter Tables	Watercolour Painting	Bingo
Thursday 16th January	10am - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Chairbics	Painting for Fun with David
Friday 17th January	10am- 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Mindfulness With Paul	Carpet Bowls

Week 4

Monday 20th January	10 - 11am	10am - 12pm	2 - 3pm
	Chatter Tables	Craft club	Singing for the Soul
Tuesday 21st January	10 - 11am	10am- 12pm	2 - 3:30pm
	Chatter Tables	Board Games and puzzle Club	Painting with Lisa
Wednesday 22nd January	10 - 11am	11am- 12pm	2pm - 3pm
	Chatter Tables	Gardening Group	Bingo
Thursday 23rd January	10 - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Chairobics	Painting for Fun with David
Friday 24th January	10 - 11am	11am - 12pm	2 - 3pm
	Chatter Tables	Mindfulness with Paul	Carpet Bowls

Week 5

Monday 27th January	10am - 11am	10am- 12pm	2pm - 3pm
	Chatter Tables	Craft Club	Singing for the Soul
Tuesday 28th January	10am - 11am	10am- 12pm	2pm - 3pm
	Chatter Tables	Board Game and Puzzle club	Painting with Lisa
Wednesday 29th January	10am - 11am	11am- 12pm	2 - 3:30pm
	Chatter Tables	Watercolour Painting	Bingo
Thursday 30th January	10am - 11am	11am- 12pm	2pm - 3pm
	Chatter Tables	Chairobics	Painting with David
Friday 31st January	10am - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul	Sage House Quiz with Peter Danks

Chatter Tables

Chatter Tables are based in **Daisy's Café** and run **Monday – Friday** at **10:00 – 11:00 am**.

Open to all, these tables are a chance to come in, have a drink and meet our volunteers who are ready to chat. Whether it's your first time to Sage House or you're a regular the volunteers are happy to talk to everyone.



Sage House Quiz

Our monthly quiz is the perfect opportunity to put your general knowledge skills to the test. Join us with Quizmaster Peter Danks for a fun filled afternoon from **2pm - 3pm** on **Friday 31st January** in **Daisy's Café**

Carpet Bowls

Our fun and competitive Carpet Bowls sessions take place **fortnightly on a Friday** from **2pm - 3pm**. Come and have a go at our indoor version of this classic game.



How to Book

Booking is essential for all Sage House activities and can be done online or over the phone.

It's quick and easy to book your activities online. Simply visit dementiasupport.org.uk/activities-at-sage-house, or scan the QR code below with your phone or tablet's camera.

Then just choose your activity and the date you'd like to attend and fill in a few details to reserve your space. You can book online at any time.

Alternatively, you can call **01243 888691** or ask at reception to book. Our opening hours are Monday - Friday, 9am - 4pm.



Scan here!



If you have any questions, please contact us:

01243 888691

info@dementiasupport.org.uk

Sage House, City Fields Way, Tangmere, Chichester, PO20 2FP