

Activity Calendar

February 2025



TANGMERE
SageHouse
 by  **Dementia SUPPORT**

Week 1

Donations are welcome at all activities

Monday 3rd February	10am - 11am	10am - 12pm	2:15 - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (café)
Tuesday 4th February	10am - 11am	10am - 12pm	1pm - 3pm
	Chatter tables	Board Game and Puzzle Club	Titanic Afternoon Tea with Tony Harris
Wednesday 5th February	10am - 11am	10:30am-12pm	2pm-3pm
	Chatter Tables	Watercolour Painting (Activity Room)	Bingo (Smart Zone)
Thursday 6th February	10am - 11am	11am - 12pm	2pm - 3:30pm
	Chatter Tables	Chairobics with Paul (Activity Room)	Painting for Fun with David (Activity Room)
Friday 7th February	10am - 11am	11am - 12pm	2pm-3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls

Week 2



Monday 10th February	10am - 11am	10am - 12pm	2:15pm - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (café)
Tuesday 11th February	10am - 11am	10am - 12pm	2pm-3pm
	Chatter Tables	Board Game and Puzzle Club	Ex-Services Group
Wednesday 12th February	10am - 11am	11am-12pm	2pm-3pm
	Chatter Tables	Gardening Club	Bingo (Smart Zone)
Thursday 13th February	10am - 11am	11am - 12pm	2pm - 3:30pm
	Chatter Tables	Chairobics with Paul (Activity Room)	Painting for Fun with David (Activity Room)
	10am- 12pm		
	Knit & Natter (Café)		
Friday 14th February	10am - 11am	11- 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls

Week 3

Donations are welcome at all activities

Monday 17th February	10am -11am	10am - 12pm	2:15pm - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (Café)
Tuesday 18h February	10am - 11am	10am - 12pm	2pm - 3.30pm
	Chatter Tables	Board Game and Puzzle Club	Painting with Lisa (Smart Zone)
Wednesday 19th February	10am - 11am	10.30am - 12pm	2pm - 3pm
	Chatter Tables	Watercolour Painting (Activity Room)	Bingo (Smart Zone)
Thursday 20th February	10am - 11am	11am - 12pm	2pm - 3:30pm
	Chatter Tables	Chairobics with Paul (Activity Room)	Painting for Fun with David (Activity Room)
	10am - 12pm		
	Knit & Natter (Café)		
Friday 21th February	10am - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Live Music Angie Daniels

What's On?

Monday 24th February	10am - 11am	10am - 12pm	2:15pm - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (Café)
Tuesday 25th February	10am - 11am	10am - 12pm	2pm - 3.30pm
	Chatter Tables	Board Game and Puzzle Club	Painting with Lisa (Smart Zone)
Wednesday 26th February	10am - 11am	11am-12pm	2pm - 3pm
	Chatter Tables	Gardening Club	Bingo (Smart Zone)
Thursday 27th February	10am - 11am	11am -12pm	2pm - 3:30pm
	Chatter Tables	Chairobics with Paul (Activity Room)	
	10am - 12pm		Painting for Fun with David (Activity Room)
Knit & Natter (Café)			
Friday 28th February	10am - 11am	11am - 12pm	2pm - 3.15pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Sage House Quiz

Tuesday 4th February, 1pm - 3pm Titanic Afternoon Tea

We welcome back historian and actor Tony Harris to Sage House for a talk on the sinking of RMS Titanic.

Join us in Daisy's Café for a delicious afternoon tea with fascinating entertainment.

Tickets cost £14 per person.



Friday 28th February, 2pm - 3.15pm 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.

This activity is free, but donations are kindly accepted. Book your place online or at reception.





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, 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.



Every Monday, 2:15pm - 3:15pm Singing for the Soul

Our singing sessions are fun, sociable and one of our most enjoyed activities. Join us for a different theme each week and share in the joy of singing.



Every Thursday, 11am - 12pm Chairobics with Paul

Join us for a chair-based exercise class focusing on health and well-being and having fun! All abilities welcome.

Community Outreach

Come and join our Community Outreach sessions, delivering a part of the support and services we offer at Sage House to six locations across West Sussex. To find out more please visit our website.

Southbourne
3rd and 17th February, 1:30pm - 3:00pm

Witterings
10th and 24th February, 1:30pm - 3:00pm

Rustington
Every Wednesday, 10:30am - 12:00pm

Yapton
Every Thursday, 1:30pm - 3:00pm

Parklands
Every Thursday, 12:30 pm - 4:00pm

Felpham
Every Friday, 10:30am - 12:00pm



Scan here!



If you have any questions, please contact us:
01243 888691
info@dementiasupport.org.uk
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