

Activity Calendar

December 2024

Sage
HOUSE
Where Memories Matter

Reception

01243 888 691

www.sagehouse.org

Charity no: 1158640

TANGMERE
SageHouse
by  **Dementia SUPPORT**

Week 1

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Monday 2nd December	10am - 11am	11am - 12pm	2pm - 3:15pm
	Chatter Tables	Christmas Pottery Decorations (Café)	Singing for the Soul (Café)
Tuesday 3rd December	10am - 11am	11am - 12pm	2pm - 3.30pm
	Chatter Tables	Festive Reminiscence Toys & Games (café)	Painting & Crafts with Lisa (Smart Zone)
Wednesday 4th December	10 am - 11am	10.30am - 12pm	2pm - 3pm
	Chatter Tables	Watercolour Painting (Activity Room)	Bingo (Activity Room)
Thursday 5th December	10am - 11am	11am - 12pm	1pm - 3pm
	Chatter Tables	Chairobics with Paul (Activity Room)	Christmas Lunch (Fully Booked)
Friday 6th December	10am - 11am	11am- 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls (Activity room)

Week 2

Donations are welcome at all activities

Monday 9th December	10am - 11am	2pm—3:15pm	
	Chatter Tables	Singing for the Soul (Café)	
Tuesday 10th December	10am - 11am	11am-12pm	2pm-3pm
	Chatter Tables	Festive Reminiscence Food & Drink (Café)	Ex Services Group (Smart Zone)
Wednesday 11th December	10 am- 11am	11am-12pm	2pm-3pm
	Chatter Tables	Board Games (café)	Bingo (Activity Room)
Thursday 12th December	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 13th December	10am - 11am	10am- 11.30pm	1pm - 3pm
	Chatter Tables	Wreath Making (please book and Pay at reception, Activity Room)	Christmas Lunch (Fully Booked)

Week 3

Donations are welcome at all activities

Monday 16th December	10am -11am	11am-12pm	2-3pm
	Chatter Tables	Christmas Pottery Decorations (café)	The Ukulele Bandits (Café)
Tuesday 17th December	10am- 11am	11am-12pm	2pm - 3pm
	Chatter Tables	Festive Reminiscence Traditions and Celebrations (café)	Painting & Crafts with Lisa (Smart Zone)
Wednesday 18th December	10am- 11am	10.30am-12pm	1pm- 3pm
	Chatter Tables	Watercolour Painting (Activity Room)	Christmas Lunch (Fully Booked)
Thursday 19th December	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 20th December	10am - 11am	11am - 12pm	2pm—3.15pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Christmas Party Singing (Cafe)

Monday 23rd December	10am - 11am	2pm - 3pm
	Chatter Tables	Singing Quartet Performance (Café)
Tuesday 24th December	10 - 11am	
	Chatter Tables	

What's On



Make your own clay decorations in our **Christmas Pottery Sessions!** Join us on Monday the 2nd and Monday 16th December for some festive crafting.

The Ukulele Bandits will be performing from 2pm - 3pm in Daisy's Café on Monday 16th December.



On Friday 20th December, come along to our **Christmas Party Sing-a-long.** Get into the yuletide spirit through song at 2pm - 3:35pm in Daisy's Café!



Staff Changes

We are thrilled to introduce **Lisa Grinstead** as our new **Activities Coordinator** at Sage House!

Lisa will be taking over from Emma, who is sadly leaving us .

We wish both Lisa and Emma the best of luck in their new roles!



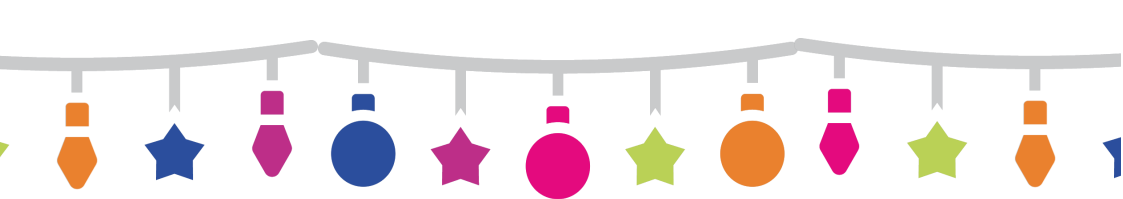
What's On



Lisa will be running Christmas themed **Reminiscence Workshops** on Tuesday 3rd, 10th and 17th December.

These nostalgic sessions are a great way get into the Christmas spirit by reflecting on memories of traditions, toys, food and more!





How to Book

Wreath Making

On Friday 13th December, join us to make your own festive Christmas Wreath to take home! You will be guided in creatively crafting your wreath, with hot drinks and mince pies included!



This activity costs **£15 per person** and spaces are limited so please book your place at Sage House reception or call **01243 888691**.

Christmas Closure

Sage House will be closed from the end of the day Tuesday 24th December 2024 and reopening on Friday 3rd January 2025.



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.



Scan here!



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