

Activity Calendar

November 2024



Week 1

	10am - 11am	11am- 12pm
Friday 1st November	Chatter Tables	Sports talk

What's On

Here are some of the upcoming events at Sage House!



Would you like to design Sage House's 2025 charity Christmas cards?

Come along to our **Christmas card making** session on Friday 8th November to make some festive designs!

Join the Nineveh Players on Thursday 28th November for a pantomime performance of **Dick Whittington** at Sage House

No booking required, donations are welcome on the day.



Join our **free Winter Warmth Workshop** from 2:30pm - 3:30pm on Wednesday 13th November to find out how to stay safe and warm in your home from Chichester Fire Station and our Wayfinders.

Week 2

Donations are welcome at all activities

Monday 4th November	10am - 11am	11am-12pm	2pm—3:30pm
	Chatter Tables	Pottery (Café)	Singing for the Soul (Café)
Tuesday 5th November	10am - 11am	2pm- 3.30pm	
	Chatter Tables	Painting & Crafts with Emma (Smart Zone)	
Wednesday 6th November	10 am- 11am	10.30am-12pm	2pm-3pm
	Chatter Tables	Watercolour Painting	Bingo (Smart Zone)
Thursday 7th November	10am- 11am	11am- 12pm	2pm– 3:30pm
	Chatter Tables	Move it (Activity Room)	Painting for Fun with David (Activity Room)
Friday 8th November	10am - 11am	11am- 12pm	2pm - 3pm
	Chatter Tables	Card Making	Carpet Bowls

Week 3

Donations are welcome at all activities

Monday 11th November	10am -11am	2pm-3.30pm	
	Chatter Tables	Singing for the Soul (Café)	
Tuesday 12th November	10am- 11am	2pm- 3.30pm	
	Chatter Tables	Painting & Crafts with Emma (Smart Zone)	
		2pm- 3pm	
		Ex Services Group	
Wednesday 13th November	10am- 11am	11am-12pm	2pm- 3pm
	Chatter Tables	Board Games (Café)	Bingo (Smart Zone)
Thursday 14th November	10am - 11am	11am –12pm	2pm– 3:30pm
	Chatter Tables	Move it (Activity Room)	Painting for Fun with David (Activity Room)
		10am - 12pm	
		Knit & Natter (Café)	
Friday 15th November	10am - 11am		2pm—3.15pm
	Chatter Tables		Adrian Acton (Activity room)

Week 4

Monday 18th November	10am - 11am	11am-12pm	2pm—3:30pm
	Chatter Tables	Pottery (Café)	Singing for the Soul (Café)
Tuesday 19th November	10 - 11am	2pm-3.30pm	
	Chatter Tables	Painting & Crafts with Emma (Smart Zone)	
Wednesday 20th November	10 - 11am	10.30am-12pm	2 - 3pm
	Chatter Tables	Watercolour painting (Smart zone)	Bingo (Smart Zone)
Thursday 21st November	10 - 11am	11am -12pm	2- 3:30pm
	Chatter Tables	Chairobics with Paul (Activity Room)	Painting for Fun with David (Activity Room)
	10am - 12pm		
	Knit & Natter (Café)		
Friday 22nd November	10 - 11am	11am - 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls (Activity Room)

Week 5

Monday 25th November	10am -11am	2pm-3.30pm	
	Chatter Tables	Singing for the Soul (Café)	
Tuesday 26th November	10am- 11am	2pm- 3.30pm	
	Chatter Tables	Painting & Crafts with Emma (Smart Zone)	
Wednesday 27th November	10am- 11am	11am-12pm	2pm- 3pm
	Chatter Tables	Board Games (Café)	Bingo (Smart Zone)
Thursday 28th November	10am - 11am	11am -12pm	2pm- 3:30pm
	Chatter Tables	Chairobics (Activity Room)	Painting for Fun with David (Activity Room)
	10am - 12pm		
	Knit & Natter (Café)		
Friday 29th November	10am - 11am	11am-12pm	2pm—3pm
	Chatter Tables	Mindfulness (Activity Room)	Sage House Quiz

What's On

Here are some of the upcoming events at Sage House!



Come along to our **pottery sessions** in Daisy's Café on Monday 4th and 18th November.

This activity costs £5 per person and is available to book at reception now!



Join us on Wednesday 13th and 27th for some fun **board games** in Daisy's Café!

This activity will replace Sage gardening during the colder months.

Community Outreach

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

Southbourne
11th and 25th November 1:30pm - 3:00pm

Witterings
4th and 18th November, 1:30pm - 3:00pm

Billingshurst
Every Tuesday, 10:30am - 12:00pm

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

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

Parklands
Every Thursday, 2:30 pm - 4:00pm

Felpham
Every Friday, 1:45pm - 3:15pm



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.



Scan here!



If you have any questions, please contact us:

01243 888691

info@dementiasupport.org.uk

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