

Activity Calendar

April 2025

Week 1

Donations are welcome at all activities

Tuesday 1st April	10am - 11am	11am - 12pm	2pm – 3pm
	Chatter tables	Gardening club	Painting for fun with Lisa.
Wednesday 2nd April	10am - 11am	10.30am-12pm	2pm-3pm
	Chatter Tables	Board games And puzzle club	Bingo (Smart Zone)
Thursday 3rd April	10am - 11am	11am - 12pm	2pm – 3:30pm
	Chatter Tables	Chairobics with Paul (Activity Room)	Painting for Fun with David (Activity Room)
Friday 4th April	10am - 11am	11am - 12pm	2pm-3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Adrian Acton Musical Performance.

Week 2

Monday 7th April	10am - 11am	10.30am - 12pm	2:15pm - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (Café)
Tuesday 8th April	10am - 11am	11am - 12pm	1pm-3pm
	Chatter Tables	Gardening club	Violinist Afternoon tea
Wednesday 9th April	10am - 11am	10.30am-12pm	2pm-3pm
	Chatter Tables	Watercolour Painting	Bingo (Smart Zone)
Thursday 10th April	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 11th April	10am - 11am	11- 12pm	2pm - 3pm
	Chatter Tables	Mindfulness with Paul (Activity Room)	Carpet Bowls

Week 3

Donations are welcome at all activities

Monday 14th April	10am -11am	10.30am - 12pm	2:15pm - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (Café)
Tuesday 15th April	10am - 11am	11am - 12pm	2pm - 3.30pm
	Chatter Tables	Gardening club	Painting with Lisa (Smart Zone)
Wednesday 16th April	10am - 11am	10.30am - 12pm	2pm - 3pm
	Chatter Tables	Board games And puzzle club	Bingo (Smart Zone)
Thursday 17th April	10am - 11am	11am – 12pm	2pm – 3:30pm
	Chatter Tables	Chairobics	Painting for Fun with David (Activity Room)
	10am - 12pm		
	Knit & Natter (Café)		
Friday 18th April			
	Bank Holiday (Closed)		

Week 4

Monday 21st April			
	Bank Holiday (Closed)		
Tuesday 22nd April	10am - 11am	11am - 12pm	2pm - 3.30pm
	Chatter Tables	Gardening club	Painting with Lisa (Smart Zone)
Wednesday 23rd April	10am - 11am	10.30am-12pm	2pm - 3pm
	Chatter Tables	Watercolour painting	Bingo (Smart Zone)
Thursday 24th April	10am - 11am	11am –12pm	2pm – 3:30pm
	Chatter Tables	Chairobics	Painting for Fun with David (Activity Room)
	10am - 12pm		
	Knit & Natter (Café)		
Friday 25th April	10am - 11am	11am - 12pm	2pm - 3.15pm
	Chatter Tables	Mindfulness	Sage House Quiz

Week 5

Monday 28th April	10am -11am	10.30am - 12pm	2:15pm - 3:15pm
	Chatter Tables	Craft Club	Singing for the Soul (Café)
Tuesday 29th April	10am - 11am	11am - 12pm	2pm - 3.30pm
	Chatter Tables	Gardening club	Painting with Lisa (Smart Zone)
Wednesday 30th April	10am - 11am	10.30am - 12pm	2pm - 3pm
	Chatter Tables	Board games And puzzle club	Bingo (Smart Zone)

What's on?





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

7th April 1:30pm - 3:00pm

Witterings

14th and 28th April, 1:30pm - 3:00pm

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



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