



Activities and Services in York

For people with dementia, their carers and family

Read and Reminisce Together - York Explore Library
Held on the second Wednesday of the month **10:30 to 12:00**

Dance Café – Nunthorpe Road
Held on the second Tuesday of the month **1:45 to 3:30**

Forget Me Not Memory Café - Tang Hall
Held on the third Wednesday of the month **1:30 to 3:30**

Boccia/Easy Sport - New Earswick
Held on the first Wednesday of the month **2:00 to 3:30**

Younger People's Group - Various venues York
Held on the last Wednesday of the month - time of day may vary in order to accommodate the circumstances of group members.

Singing for the Brain

Monday Morning	10:30 to 12:00	every week Woodthorpe
Thursday Afternoon	1:30 to 3:00	every week New Earswick

Activities and Services in Selby

New Age Kurling – Thorpe Willoughby
Held on the second Wednesday of the month **1:00 to 3:00**

Companions Café – Portholme Methodist Church Hall
Held on the first Wednesday of the month **1.30 to 3.30**

Please contact: [York Alzheimer's Society](http://YorkAlzheimer'sSociety.org.uk) for further details on 01904 567701 or email yorks@alzheimers.org.uk