

Dementia Action Week 20-26 May 2019

Monday 20 May

10am-12noon
Information stall at Boots, 184 Slough High Street, SL1 1JR

10.30-11.30am
Disability Football at Arbour Park Stadium, Stoke Road, SL2 5AY

1-2.30pm
Singing for pleasure with Alzheimers Dementia Support at Holy Family Church, St Josephs Room, 226 Trelawney Avenue, Langley, SL3 7UD

2.45-3.15pm
Seated exercise at Cippenham Library, Elmshot Lane, SL1 5RB

5-6pm
Yoga at Chalvey Community Centre, The Green, SL1 2SP

Tuesday 21 May

9.30-11.30am
Information stall at Sainsbury, Uxbridge Road, SL1 1SU

10.45-11.45am
Yoga at Britwell Centre, Wentworth Avenue, SL2 2DS

11-12noon
Yoga at Brook House, Chalvey, SL1 2TX

1-2.30pm
Connection Café with Alzheimers Dementia Support at Holy Family Church, St Josephs Room

2-3.30pm
Magic Table drop in sessions at The Curve, William Street, SL1 1XY

Wednesday 22 May

9.30-11.30am
Information stall at TESCO Extra, Wellington Street, SL1 1XW

10-4pm
Information stall with Alzheimers Dementia Support at Wexham Park Hospital

10.30-11.00am
Seated exercise at The Curve

12.15-12.45pm
Seated exercise at Polish Church, Pitts Road, SL1 3XL

12.30-2.30pm
Alzheimers Dementia Support Aap Ki Sangeet Ke sang at St Francis Church, London Road, Langley, SL3 7LN

1-4pm
Information stall at The Centre, Farnham Road, Slough SL1 4UT

3-4pm
Dementia awareness training with Alzheimers Dementia Support at The Curve

Thursday 23 May

10am-2pm
Information stalls at The Curve

10-11am
Yogalates at Upton Lea Community Centre, Wexham Road, SL2 1NP

12.30-1pm
Seated exercise at Colnbrook Village Hall, Vicarage Way, SL3 0RF

3-4pm
Dementia awareness training with Alzheimers Dementia Support at Cippenham Library

Friday 24 May

10am-1pm
Drop in coffee morning with carers at Slough Memory Clinic, Upton Hospital, Albert Street, Slough, SL1 2BJ

10.30-11am
Seated exercise with Alzheimer Dementia Support at the Memory Clinic

10.30-11am
Seated exercise at The Curve

Saturday 25 May

11.30am-1pm
Crafting with grandparents at Saturday Curve Club at The Curve

