

Wellbeing Activities

Sept 2018



Mon	Tue	Wed	Thu	Fri
<p>Activity fee - £2.50 per person unless stated otherwise</p>	<p>Booking is essential due to limited space</p>	<p>Contact us on 01243 888 691 to book</p>		
<p>3 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>4 Move2Music - fun exercise £4 10.00 - 11.00am</p>	<p>5</p>	<p>6 Tea at Tangmere 2.30 - 4.00pm</p>	<p>7 British Forces Veteran Group 10.00 - 11.30am Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>10 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>11 Move2Music - fun exercise £4 10.30 - 11.30am Painting for fun - with acrylics 2.00 - 3.30pm</p>	<p>12</p>	<p>13 Tea at Tangmere 2.30 - 4.00pm</p>	<p>14 Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>17 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>18 Move2Music - fun exercise £4 10.30 - 11.30am Painting for Fun: Take 2 - with acrylics 2.00 - 3.30pm</p>	<p>19</p>	<p>20 Tea at Tangmere 2.30 - 4.00pm</p>	<p>21 British Forces Veteran Group 10.00 - 11.30am Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>24 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>25 Move2Music - fun exercise £4 10.30 - 11.30am</p>	<p>26 Watercolour painting 10.30am - 12pm</p>	<p>27 Tea at Tangmere 2.30 - 4.00pm</p>	<p>28 Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>

Therapies, Information & Advice Sept 2018



Mon	Tue	Wed	Thu	Fri
<p>For therapy and hairdressing costs, please contact Sage House</p>	<p>To book an appointment contact us on 01243 888 691</p>		<p>We offer personal care in our state of the art, accessible bathroom. Please enquire for prices and availability.</p>	
<p>3 Sage Counselling - Booking is essential. Call 01243 888 691 & ask for Wayfinding</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>4</p>	<p>5</p> <p>Hairdressing Appointments call 01243 888691 for details</p>	<p>6</p>	<p>7</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>10 Power of Attorney Presentation 11am - 12pm</p> <p>Sage Counselling - Booking is essential. Call 01243 888 691 & ask for Wayfinding</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>11</p>	<p>12 Carers Support - Tangmere Support Group 10.30am - 12pm</p> <p>Solicitor Clinic 10am - 12.30pm</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>13</p>	<p>14</p>
<p>17</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>18</p>	<p>19</p> <p>Hairdressing Appointments call 01243 888691 for details</p>	<p>20</p>	<p>21</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>24</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>25</p>	<p>26 Hairdressing Appointments call 01243 888691 for details</p> <p>Solicitor Clinic 10am - 12.30pm</p>	<p>27</p>	<p>28</p>

Wellbeing Activities

Oct 2018



Mon	Tue	Wed	Thu	Fri
<p>1 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>2 Move2Music - fun exercise £4 10.30 - 11.30am</p>	<p>3</p>	<p>4 Tea at Tangmere 2.30 - 4.00pm</p>	<p>5 British Forces Veteran Group 10.00 - 11.30am Tangmere Museum Talk</p> <p>Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>8 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>9 Move2Music - fun exercise £4 10.30 - 11.30am</p> <p>Painting for Fun - with Acrylics 2.00 - 3.30pm</p>	<p>10</p>	<p>11 Energise & Relax - Alive! Activities £4 10.30am - 12pm</p> <p>Tea at Tangmere 2.30 - 4.00pm</p>	<p>12 Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>15 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>16 Move2Music - fun exercise £4 10.30 - 11.30am</p> <p>Painting for Fun: Take 2 - with acrylics 2.00 - 3.30pm</p>	<p>17 Memory Matters £5 1.30pm - 3.30pm</p>	<p>18 Chairobics - chair based ex- ercise £4 11.00am - 12pm</p> <p>Tea at Tangmere 2.30 - 4.00pm</p>	<p>19 British Forces Veteran Group 10.00 - 11.30am</p> <p>Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>22 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm</p>	<p>23 Move2Music - fun exercise £4 10.30 - 11.30am</p>	<p>24 Watercolour Painting 10.30am - 12pm</p> <p>Memory Matters £5 1.30pm - 3.30pm</p>	<p>25 Tea at Tangmere 2.30 - 4.00pm</p>	<p>26 Singing for the Soul Too - Sage House 2.00 - 4.00pm</p>
<p>29</p>	<p>30 Move2Music - fun exercise £4 10.30 - 11.30am</p>	<p>31 Memory Matters £5 1.30pm - 3.30pm</p>	<p>Activity fee - £2.50 per person unless stated otherwise</p>	<p>Booking is essential due to limited space - 01243 888691</p>

Therapies, Information & Advice Oct 2018



Mon	Tue	Wed	Thu	Fri
<p>1 Sage Counselling - Booking is essential. Call 01243 888 691</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>2 Chatter Tables 10.00am - 11.30pm</p>	<p>3 Hairdressing Appointments call 01243 888691</p>	<p>4 Chatter Tables 10.30am - 12.30pm</p>	<p>5 Chatter Tables 10.30am - 12.30pm</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>8 Sage Counselling - Booking is essential. Call 01243 888 691</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>9 Chatter Tables 10.00am - 11.30pm</p>	<p>10 Carers Support - Tangmere Support Group 10.30am - 12pm</p> <p>Solicitor Clinic (Cameron James Legal) 10am -12.30pm</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>11 Chatter Tables 10.30am - 12.30pm</p>	<p>12 Chatter Tables 10.30am - 12.30pm</p>
<p>15 Sage Counselling - Booking is essential. Call 01243 888 691</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>16 Chatter Tables 10.00am - 11.30pm</p>	<p>17 Hairdressing Appointments call 01243 888691</p>	<p>18 Chatter Tables 10.30am - 12.30pm</p>	<p>19 Chatter Tables 10.30am - 12.30pm</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>22 Sage Counselling - Booking is essential. Call 01243 888 691</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>23 Chatter Tables 10.00am - 11.30pm</p>	<p>24 Hairdressing Appointments call 01243 888691</p> <p>Solicitor Clinic 10am - 12.30pm</p>	<p>25 Chatter Tables 10.30am - 12.30pm</p>	<p>26 Chatter Tables 10.30am - 12.30pm</p>
<p>29 Sage Counselling - Booking is essential. Call 01243 888 691</p> <p>Hairdressing Appointments call 01243 888691</p>	<p>30 Chatter Tables 10.00am - 11.30pm</p>	<p>31 Hairdressing Appointments call 01243 888691</p>	<p>For therapy and hairdressing costs, please contact Sage House</p>	<p>To book an appointment contact us on 01243 888 691</p>

Wellbeing Activities

Nov 2018



Mon	Tue	Wed	Thu	Fri
Activity fee - £2.50 per person unless stated otherwise	Booking is essential due to limited space	Contact us on 01243 888 691 to book	1 Tea at Tangmere 2.30 - 4.00pm	2 British Forces Veteran Group 10.00 - 11.30am
5	6 Move2Music - fun exercise £4 10.30 - 11.30am	7 Memory Matters £5 1.30pm - 3.30pm	8 Chairobics - chair based exercise £4 11.00am - 12pm Tea at Tangmere 2.30 - 4.00pm	9
12 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm	13 Move2Music - fun exercise £4 10.30 - 11.30am Painting for Fun - with acrylics 2.00 - 3.30pm	14 Memory Matters £5 1.30pm - 3.30pm	15 Tea at Tangmere 2.30 - 4.00pm	16 British Forces Veteran Group 10.00 - 11.30am Singing for the Soul Too - Sage House 2.00 - 4.00pm
19 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm	20 Move2Music - fun exercise £4 10.30 - 11.30am	21 Watercolour Painting 10.30am - 12pm Memory Matters £5 1.30pm - 3.30pm	22 Energise & Relax - Alive! Activities £4 10.30am - 12pm Tea at Tangmere 2.30 - 4.00pm	23 Singing for the Soul Too - Sage House 2.00 - 4.00pm
26 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm	27 Move2Music - fun exercise £4 10.30 - 11.30am	28 Memory Matters £5 1.30pm - 3.30pm	29 Tea at Tangmere 2.30 - 4.00pm	30 British Forces Veteran Group 10.00 - 11.30am Singing for the Soul Too - Sage House 2.00 - 4.00pm

Therapies, Information & Advice Nov 2018



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<p>For therapy and hairdressing costs, please contact Sage House</p>	<p>To book an appointment contact us on 01243 888 691</p>	<p>We offer personal care in our state of the art, accessible bathroom.</p>	<p>1</p>	<p>2 Solicitor Clinic 11.30am - 2.30pm</p>
<p>5 Hairdressing Appointments call 01243 888691</p> <p>Sage Counselling - Booking is essential. Call 01243 888 691 & ask for Wayfinding</p>	<p>6 Chatter Tables 10.00am - 11.30pm</p>	<p>7 Hairdressing Appointments call 01243 888691</p> <p>Solicitor Clinic 10am - 12.30pm</p> <p>Sussex Police Scam Talk 2.00pm</p>	<p>8 Chatter Tables 10.30am - 12.30pm</p>	<p>9 Chatter Tables 10.30am - 12.30pm</p>
<p>12 Hairdressing Appointments call 01243 888691</p> <p>Sage Counselling - Booking is essential. Call 01243 888 691</p>	<p>13 Chatter Tables 10.00am - 11.30pm</p>	<p>14 Hairdressing Appointments call 01243 888691</p> <p>Carers Support - Tangmere Support Group 10.30am - 12pm</p>	<p>15 Chatter Tables 10.30am - 12.30pm</p>	<p>16 Chatter Tables 10.30am - 12.30pm</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>19 Hairdressing Appointments call 01243 888691</p>	<p>20 Chatter Tables 10.00am - 11.30pm</p>	<p>21 Hairdressing Appointments call 01243 888691</p> <p>Solicitor Clinic 10am -12.30pm</p>	<p>22 Chatter Tables 10.30am - 12.30pm</p>	<p>23 Chatter Tables 10.30am - 12.30pm</p>
<p>26 Hairdressing Appointments call 01243 888691</p> <p>Sage Counselling - Booking is essential. Call 01243 888 691</p>	<p>27 Chatter Tables 10.00am - 11.30pm</p>	<p>28 Hairdressing Appointments call 01243 888691</p>	<p>29 Chatter Tables 10.30am - 12.30pm</p>	<p>30 Chatter Tables 10.30am - 12.30pm</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

Wellbeing Activities

Dec 2018



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Activity fee - £2.50 per person unless stated otherwise	Booking is essential due to limited space	Contact us on 01243 888 691 to book			1 Christmas Fayre	2
3 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm	4 Move2Music - fun exercise £4 10.30 - 11.30am	5 Memory Matters £5 1.30pm - 3.30pm	6 Energise & Relax - Alive! Activities £4 10.30am - 12pm Tea at Tangmere 2.30 - 4.00pm	7 Singing for the Soul Too - Sage House 2.00 - 4.00pm	8	9
10 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm	11 Move2Music - fun exercise £4 10.30 - 11.30am Painting for Fun - with acrylics 2.00 - 3.30pm Just Us Concert, Tangmere Village Centre 2.00 - 4.00pm	12 Memory Matters £5 1.30pm - 3.30pm	13 Chairobics - chair based exercise £4 11.00am - 12pm Tea at Tangmere 2.30 - 4.00pm	14 British Forces Veteran Group 10.00 - 11.30am Singing for the Soul Too - Sage House 2.00 - 4.00pm	15	16
17 Singing for the Soul - Tangmere Village Centre 2.00 - 4.00pm	18 Move2Music - fun exercise £4 10.30 - 11.30am	19 Watercolour Painting 10.30am - 12pm Memory Matters £5 1.30pm - 3.30pm	20 Tea at Tangmere 2.30 - 4.00pm	21 Singing for the Soul Too - Sage House 2.00 - 4.00pm	22	23
24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29	30
31						

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
For therapy and hairdressing costs, please contact Sage House	To book an appointment contact us on 01243 888 691		We offer personal care in our state of the art, accessible bathroom. Please enquire for prices and availability.		1 Christmas Fayre	2
3 Hairdressing Appointments call 01243 888691 Sage Counselling - Booking is essential. Call 01243 888 691	4 Chatter Tables 10.00am - 11.30pm	5 Hairdressing Appointments call 01243 888691 Solicitor Clinic 10am-12.30pm	6 Chatter Tables 10.30am - 12.30pm	7 Chatter Tables 10.30am - 12.30pm	8	9
10 Hairdressing Appointments call 01243 888691 Sage Counselling - Booking is essential. Call 01243 888 691	11 Chatter Tables 10.00am - 11.30pm	12 Hairdressing Appointments call 01243 888691 Carers Support - Tangmere Group 10.30am - 12pm	13 Chatter Tables 10.30am - 12.30pm	14 Chatter Tables 10.30am - 12.30pm Solicitor Clinic 11.30am - 2.30pm	15	16
17 Hairdressing Appointments call 01243 888691 Sage Counselling - Booking is essential. Call 01243 888 691	18 Chatter Tables 10.00am - 11.30pm	19 Hairdressing Appointments call 01243 888691 Solicitor Clinic 10am - 12.30pm	20 Chatter Tables 10.30am - 12.30pm	21 Chatter Tables 10.30am - 12.30pm	22	23
24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29	30
31						