

# January 2019

## The Sage House Activities & Events Calendar

Please note you are required to book your place as space is limited for some activities.

Hairdressing prices are available from Reception.

Call us on 01243 888691 or email: [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

Mon	Tue	Wed	Thu	Fri
	1 NEW YEARS DAY - CLOSED	2	3 Chatter Table 10.00 - 11.30am  Tea at Tangmere <b>£2.50</b> 2.30 - 4.00pm	4 Chatter Table 10.00 - 11.30am
7 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Singing for the Soul Tangmere Village Centre <b>£2.50</b> 2.00 - 4.00pm	8 Hairdressing - call 01243 888691  Chatter Table 10.30am - 12noon  Move2Music <b>£4</b> 10.30am - 11.30am  Painting for Fun <b>£2.50</b> 2.00 - 3.30pm	9 Hairdressing - call 01243 888691  Crafty Creations <b>£3</b> 10.30am - 12noon  Carers Support Tangmere Group 10.30am - 12noon	10 Chatter Table 10.00 - 11.30am  Chairobics <b>£4</b> 11.00am - 12noon  Tea at Tangmere <b>£2.50</b> 2.30 - 4.00pm	11 Chatter Table 10.00 - 11.30am  British Forces Veterans <b>£2.50</b> 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm  Singing for the Soul <b>£2.50</b> 2.00 - 4.00pm

# Jan 2019

Mon	Tue	Wed	Thu	Fri
<p>14 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Singing for the Soul Tangmere Village Centre £2.50 2.00 - 4.00pm</p>	<p>15 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.30am - 12noon</p> <p>Move2Music £4 10.30am - 11.30am</p>	<p>16 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>17 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>18 Chatter Table 10.00 - 11.30am</p> <p>Singing for the Soul £2.50 2.00 - 4.00pm</p>
<p>21 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Singing for the Soul Tangmere Village Centre £2.50 2.00 - 4.00pm</p> <p>Fine Art with Chichester University £2.50 2.00 -4.00pm</p>	<p>22 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.30am - 12noon</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Painting for Fun 2 £2.50 2.00 - 3.30pm</p>	<p>23 Hairdressing - call 01243 888691</p>	<p>24 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4 11.00am - 12noon</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>25 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £2.50 2 - 4pm</p>
<p>28 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Fine Art with Chichester University £2.50 2.00 -4.00pm</p>	<p>29 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.30am - 12noon</p> <p>Move2Music £4 10.30am - 11.30am</p>	<p>30 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>31 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	

# February 2019



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Mon	Tue	Wed	Thu	Fri
				<p>1 Chatter Table 10.00 - 11.30am</p> <p>Singing for the Soul £2.50 2.00 - 4.00pm</p> <p>Knit &amp; Natter 2:00 - 4:00pm</p>
<p>4 Hairdressing - call 01243 888691</p> <p>Activities &amp; Daybreaks Feedback Session 9.00 - 10.00am</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Fine Art with Chichester University £2.50 2.00 -4.00pm</p>	<p>5 Hairdressing - call 01243 888691</p> <p>Activities &amp; Daybreaks Feedback Session 9.00 - 10.00am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Empowering Carers &amp; Families 10:30am - 12:30pm</p>	<p>6 Hairdressing - call 01243 888691</p> <p>Crafty Creations £3 10.30am - 12noon</p>	<p>7 Chatter Table 10.00 - 11.30am</p> <p>Dietician Talk 10.30am - 12.30pm</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>8 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £2.50 2.00 - 4.00pm</p> <p>Knit &amp; Natter 2:00 - 4:00pm</p>

# February 2019

Mon	Tue	Wed	Thu	Fri
<p>11 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am  Fine Art with Chichester University £2.50 2.00 -4.00pm</p>	<p>12 Hairdressing - call 01243 888691 Chatter Table 10.30am - 12noon Move2Music £4 10.30am - 11.30am Empowering Carers &amp; Families 10:30am - 12:30pm Painting for Fun £2.50 2.00 - 3.30pm</p>	<p>13 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 11.30am  Watercolour Painting £2.50 10.30am - 12noon  Carers Support Tangmere Group 10.30am - 12noon</p>	<p>14 Day Breaks Taster Session £10 9.30am - 12.30pm Chatter Table 10.00 - 11.30am Chairobics £4 11.00am - 12noon Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>15 Chatter Table 10.00 - 11.30am  Singing for the Soul £2.50 2.00 - 4.00pm  Knit &amp; Natter 2:00 - 4:00pm</p>
<p>18 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>19 Hairdressing - call 01243 888691 Chatter Table 10.30am - 12noon Move2Music £4 10.30am - 11.30am Empowering Carers &amp; Families 10:30am - 12:30pm</p>	<p>20 Hairdressing - call 01243 888691  Crafty Creations £3 10.30am - 12noon</p>	<p>21 Chatter Table 10.00 - 11.30am  Dietician Talk 9.30am - 11.30pm  Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>22 Chatter Table 10.00 - 11.30am  British Forces Veterans £2.50 10.30am - 12noon Solicitor Clinic 11.30am - 2.30pm Singing for the Soul £2.50 2.00 - 4.00pm  Knit &amp; Natter 2:00 - 4:00pm</p>
<p>25 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am  Fine Art with Chichester University £2.50 2.00 -4.00pm</p>	<p>26 Chatter Table 10.30am - 12noon Move2Music £4 10.30am - 11.30am Empowering Carers &amp; Families 10:30am - 12:30pm Painting for Fun 2 £2.50 2.00 - 3.30pm</p>	<p>27 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 11.30am  Watercolour Painting £2.50 10.30am - 12noon</p>	<p>28 Chatter Table 10.00 - 11.30am  Energy Advice sessions 10am - 4pm Booking Essential  Chairobics £4 11.00am - 12noon Tea at Tangmere £2.50 2.30 - 4.00pm</p>	

# March 2019



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Mon	Tue	Wed	Thu	Fri
				1 Singing for the Soul <b>£2.50</b> 2.00 - 4.00pm  Knit & Natter 2:00 - 4:00pm
4 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Fine Art with Chichester University <b>£2.50</b> 2.00 - 4.00pm	5 Hairdressing - call 01243 888691  Chatter Table 10.30am - 12noon  Move2Music <b>£4</b> 10.30am - 11.30am	6 Hairdressing - call 01243 888691  Crafty Creations <b>£3</b> 10.30am - 12noon	7 Chatter Table 10.00 - 11.30am  Tea at Tangmere <b>£2.50</b> 2.30 - 4.00pm	8 Chatter Table 10.00 - 11.30am  British Forces Veterans <b>£2.50</b> 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm

# March 2019

Mon	Tue	Wed	Thu	Fri
<p>11 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Fine Art with Chichester University £2.50 2.00 - 4.00pm</p>	<p>12 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.30am - 12noon</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Painting for Fun £2.50 2.00 - 3.30pm</p>	<p>13 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>14 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p> <p>Chairobics £4 11.00am - 12noon</p>	<p>15 Daybreaks Taster Session £10 9:30am - 12:30pm</p> <p>Chatter Table 10.00 - 11.30am</p>
<p>18 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Fine Art with Chichester University £2.50 2.00 - 4.00pm</p>	<p>19 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>20 Hairdressing - call 01243 888691</p> <p>Crafty Creations £3 10.30am - 12noon</p>	<p>21 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>22 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Reading with Tangmere Primary School, time TBC</p>
<p>25 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Fine Art with Chichester University £2.50 2.00 - 4.00pm</p>	<p>26 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun 2 £2.50 2.00 - 3.30pm</p>	<p>27 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>28 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4 11.00am - 12noon</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>29 Chatter Table 10.00 - 11.30am</p> <p>Reading with Tangmere Primary School, time TBC</p>

# April 2019



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Mon	Tue	Wed	Thu	Fri
<p>1 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Fine Art with Chichester University £2.50 2.00 - 4.00pm</p>	<p>2 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>3 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>4 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>5 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>8 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>9 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun £2.50 2.00 - 3.30pm</p>	<p>10 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>11 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>12 Chatter Table 10.00 - 11.30am</p>

# April 2019

Mon	Tue	Wed	Thu	Fri
<p>15 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>16 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>17 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>18 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>19 GOOD FRIDAY</p>
<p>22 EASTER MONDAY</p>	<p>23 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun 2 £2.50 2.00 - 3.30pm</p>	<p>24 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Crafty Creations £3 10.30am - 12noon</p>	<p>25 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>26 Chatter Table 10.00 - 11.30am</p>
<p>29 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Tai Chi Taster Session £4 2.00 - 3.00pm</p>	<p>30 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>			



# May 2019



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Mon	Tue	Wed	Thu	Fri
		<p>1 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>2 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>3 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
6 BANK HOLIDAY	<p>7 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>8 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Crafty Creations £3 10.30am - 12noon</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>9 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>10 Chatter Table 10.00 - 11.30am</p>

# May 2019

Mon	Tue	Wed	Thu	Fri
<p>13 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>14 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun £2.50 2.00 - 3.30pm</p>	<p>15 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>16 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>17 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>20 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>21 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>22 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Crafty Creations £3 10.30am - 12noon</p>	<p>23 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>24 Chatter Table 10.00 - 11.30am</p>
<p>27 BANK HOLIDAY</p>	<p>28 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun 2 £2.50 2.00 - 3.30pm</p>	<p>29 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>30 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>31 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# June 2019



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Mon	Tue	Wed	Thu	Fri
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<p>10 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>11 Hairdressing - call 01243 888691</p> <p>Move2Music <b>£4</b> 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun <b>£2.50</b> 2.00 - 3.30pm</p>	<p>12 Hairdressing - call 01243 888691</p> <p>Watercolour Painting <b>£2.50</b> 10.30am - 12noon</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>13 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere <b>£2.50</b> 2.30 - 4.00pm</p>	<p>14 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans <b>£2.50</b> 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# June 2019

Mon	Tue	Wed	Thu	Fri
<p>17 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>18 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>19 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Crafty Creations £3 10.30am - 12noon</p>	<p>20 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>21 Chatter Table 10.00 - 11.30am</p>
<p>24 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>25 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun 2 £2.50 2.00 - 3.30pm</p>	<p>26 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £2.50 10.30am - 12noon</p>	<p>27 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>28 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# July 2019



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<p>1 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>2 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>3 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p>	<p>4 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>5 Chatter Table 10.00 - 11.30am</p>
<p>8 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>9 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>10 Hairdressing - call 01243 888691</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>11 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>12 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# July 2019

Mon	Tue	Wed	Thu	Fri
<p>15 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>16 Hairdressing - call 01243 888691 Move2Music £4 10.30am - 11.30am Chatter Table 10.30am - 12noon</p>	<p>17 Hairdressing - call 01243 888691 Solicitor Clinic 10.00am - 11.30am</p>	<p>18 Chatter Table 10.00 - 11.30am Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>19 Chatter Table 10.00 - 11.30am</p>
<p>22 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>23 Hairdressing - call 01243 888691 Move2Music £4 10.30am - 11.30am Chatter Table 10.30am - 12noon</p>	<p>24 Hairdressing - call 01243 888691</p>	<p>25 Chatter Table 10.00 - 11.30am Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>26 Chatter Table 10.00 - 11.30am British Forces Veterans £2.50 10.30am - 12noon Solicitor Clinic 11.30am - 2.30pm</p>
<p>29 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>30 Hairdressing - call 01243 888691 Move2Music £4 10.30am - 11.30am Chatter Table 10.30am - 12noon</p>	<p>31 Hairdressing - call 01243 888691 Solicitor Clinic 10.00am - 11.30am</p>		

# August 2019

## The Sage House Activities & Events Calendar

Please note you are required to book your place as space is limited for some activities.

Hairdressing prices are available from Reception.

Call us on 01243 888691 or email: [info@dementia-support.org.uk](mailto:info@dementia-support.org.uk)

Mon	Tue	Wed	Thu	Fri
			<p>1 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>2 Chatter Table 10.00 - 11.30am</p>
<p>5 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>6 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>7 Hairdressing - call 01243 888691</p>	<p>8 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>9 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# August 2019

Mon	Tue	Wed	Thu	Fri
<p>12 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>13 Hairdressing - call 01243 888691 Move2Music £4 10.30am - 11.30am Chatter Table 10.30am - 12noon</p>	<p>14 Hairdressing - call 01243 888691 Solicitor Clinic 10.00am - 11.30am Carers Support Tangmere Group 10.30am - 12noon</p>	<p>15 Chatter Table 10.00 - 11.30am Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>16 Chatter Table 10.00 - 11.30am</p>
<p>19 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>20 Hairdressing - call 01243 888691 Move2Music £4 10.30am - 11.30am Chatter Table 10.30am - 12noon</p>	<p>21 Hairdressing - call 01243 888691</p>	<p>22 Chatter Table 10.00 - 11.30am Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>23 Chatter Table 10.00 - 11.30am British Forces Veterans £2.50 10.30am - 12noon Solicitor Clinic 11.30am - 2.30pm</p>
<p>26 BANK HOLIDAY</p>	<p>27 Hairdressing - call 01243 888691 Move2Music £4 10.30am - 11.30am Chatter Table 10.30am - 12noon</p>	<p>28 Hairdressing - call 01243 888691 Solicitor Clinic 10.00am - 11.30am</p>	<p>29 Chatter Table 10.00 - 11.30am Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>30 Chatter Table 10.00 - 11.30am</p>



# September 2019

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<p>9 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>10 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>11 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>12 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>13 Chatter Table 10.00 - 11.30am</p>

# September 2019

Mon	Tue	Wed	Thu	Fri
<p>16 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>17 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>18 Hairdressing - call 01243 888691</p>	<p>19 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>20 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>23 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>24 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>25 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p>	<p>26 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>27 Chatter Table 10.00 - 11.30am</p>
<p>30 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>				

# October 2019

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	<p>1 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>2 Hairdressing - call 01243 888691</p>	<p>3 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>4 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>7 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>8 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>9 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>10 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>11 Chatter Table 10.00 - 11.30am</p>

# October 2019

Mon	Tue	Wed	Thu	Fri
<p>14 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>15 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>16 Hairdressing - call 01243 888691</p>	<p>17 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>18 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>21 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>22 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>23 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p>	<p>24 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>25 Chatter Table 10.00 - 11.30am</p>
<p>28 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>29 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>30 Hairdressing - call 01243 888691</p>	<p>31 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	

# November 2019

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# November 2019

Mon	Tue	Wed	Thu	Fri
<p>11 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>12 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>13 Hairdressing - call 01243 888691</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>14 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>15 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>
<p>18 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>19 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>20 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 11.30am</p>	<p>21 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>22 Chatter Table 10.00 - 11.30am</p>
<p>25 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p>	<p>26 Hairdressing - call 01243 888691</p> <p>Move2Music £4 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>27 Hairdressing - call 01243 888691</p>	<p>28 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>29 Chatter Table 10.00 - 11.30am</p> <p>British Forces Veterans £2.50 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# December 2019

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<p>23 Hairdressing - call 01243 888691 Chatter Table 10.00 - 11.30am</p>	<p>24 CHRISTMAS EVE</p>	<p>25 CHRISTMAS DAY</p>	<p>26 BOXING DAY</p>	<p>27</p>
<p>30</p>	<p>31 NEW YEARS EVE</p>			