

# 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 £2.50 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 £2.50 2.00 - 4.00pm	8 Hairdressing - call 01243 888691  Chatter Table 10.30am - 12noon  Move2Music £4 10.30am - 11.30am  Painting for Fun £2.50 2.00 - 3.30pm	9 Hairdressing - call 01243 888691  Crafty Creations £3 10.30am - 12noon  Carers Support Tangmere Group 10.30am - 12noon	10 Chatter Table 10.00 - 11.30am  Chairobics £4 11.00am - 12noon  Tea at Tangmere £2.50 2.30 - 4.00pm	11 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

# 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
				1 Chatter Table 10.30 - 12.00pm  Singing for the Soul <b>£2.50</b> 2.00 - 4.00pm  Knit & Natter 2:00 - 4:00pm
4 Hairdressing - call 01243 888691  Activities & Daybreaks Feedback Session 9.00 - 10.00am  Chatter Table 10.00 - 11.30am  Fine Art with Chichester University <b>£2.50</b> 2.00 -4.00pm	5 Hairdressing - call 01243 888691  Activities & Daybreaks Feedback Session 9.00 - 10.00am  Chatter Table 10.30am - 12noon  Move2Music <b>£4</b> 10.30am - 11.30am  Empowering Carers & Families 10:30am - 12:30pm	6 Hairdressing - call 01243 888691  Crafty Creations <b>£3</b> 10.30am - 12noon	7 Chatter Table 10.00 - 11.30am  Dietician Talk 10.30am - 12.30pm  Tea at Tangmere <b>£2.50</b> 2.30 - 4.00pm	8 Chatter Table 10.30 - 12.00pm  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  Knit & Natter 2:00 - 4:00pm

# 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 10.30 - 12.00pm  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 10.30 - 12.00pm 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



## The Sage House Activities & Events Calendar

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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  Oomph <b>£2</b> 10:30 - 12noon  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 10.30 - 12.00pm  British Forces Veterans <b>£2.50</b> 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm  Sing-along with the Charlalals <b>£2.50</b> 2:00 - 3:30pm

# March 2019

Mon	Tue	Wed	Thu	Fri
<p>11 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</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 - 1.00pm</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 10.30 - 12.00pm</p>
<p>18 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</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 10.30 - 12.00pm</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>Reading with Tangmere Primary School, time TBC</p>
<p>25 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</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 - 1.00pm</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 10.30 - 12.00pm</p> <p>Singing for the Soul £2.50 2:00 - 4:00pm</p> <p>Reading with Tangmere Primary School, time TBC</p>

# April 2019



## The Sage House Activities & Events Calendar

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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>Oomph £2 10:30 - 12noon</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 10.30 - 12.00pm</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>8 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</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 - 1.00pm</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>11 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>12 Chatter Table 10.30 - 12.00pm</p> <p>Singing for the Soul £2.50 2:00—4:00pm</p>

# April 2019

Mon	Tue	Wed	Thu	Fri
<p>15 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</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 - 1.00pm</p> <p>Crafty Creations £3 10.30am - 12noon</p>	<p>25 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>26 Chatter Table 10.30 - 12.00pm</p> <p>Singing for the Soul £2.50 2:00—4:00pm</p>
<p>29 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</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

Updated on 08/05/19



## The Sage House Activities & Events Calendar

Please note you are required to book your place at all activities.

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

Mon	Tue	Wed	Thu	Fri
		1 Hairdressing - call 01243 888691  Watercolour Painting £2.50 10.30am - 12noon	2 Chatter Table 10.00 - 11.30am  Tea at Tangmere £2.50 2.30 - 4.00pm	3 British Forces Veterans £2.50 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm  Singing for the Soul £2.50 2:00—4:00pm
6 BANK HOLIDAY	7 Hairdressing - call 01243 888691  Move2Music £4 10.30am - 11.30am  Chatter Table 10.30am - 12noon	8 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 1.00pm  Carers Support Tangmere Group 10.30am - 12noon	9 Chatter Table 10.00 - 11.30am  Tea at Tangmere £2.50 2.30 - 4.00pm	10 Singing for the Soul £2.50 2:00—4:00pm

# May 2019

Mon	Tue	Wed	Thu	Fri
<p>13 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>14 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun £3 2.00 - 3.30pm</p>	<p>15 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>16 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p> <p>Art Therapy Workshop £4.50 10:00 - 11:30am</p>	<p>17 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>20 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>21 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>22 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>23 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>24 Reading Friends 10.00 - 11:00am</p> <p>Singing for the Soul £3 2:00—4:00pm</p> <p>Quiz Night £8 7:00pm - <i>Speak to reception about registering a team</i></p>
<p>27 BANK HOLIDAY</p>	<p>28 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun 2 £3 2.00 - 3.30pm</p>	<p>29 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>30 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p> <p>Art Therapy Workshop £4.50 10:00 - 11:30am</p>	<p>31 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p>

# June 2019

Updated on 30/05/19



## The Sage House Activities & Events Calendar

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Mon	Tue	Wed	Thu	Fri
3 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph £2 10:30 - 12noon  Percussion Workshop £4.50 2:00 - 3:00pm	4 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Chatter Table 10.30am - 12noon	5 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 1.00pm	6 Chatter Table 10.00 - 11.30am  Chairobics £4.50 11:00am - 12:00noon  Tea at Tangmere £3 2.30 - 4.00pm	7 Reading Friends £3 10.00 - 11:00am
10 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph £2 10:30 - 12noon  Percussion Workshop £4.50 2:00 - 3:00pm	11 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Chatter Table 10.30am - 12noon  Painting for Fun £3 2.00 - 3.30pm	12 Hairdressing - call 01243 888691  Watercolour Painting £3 10.30am - 12noon  Carers Support Tangmere Group 10.30am - 12noon	13 Chatter Table 10.00 - 11.30am  Tea at Tangmere £3 2.30 - 4.00pm  Art Therapy Workshop £4.50 10:30am - 12:00pm	14 British Forces Veterans £3 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm  Singing for the Soul £3 2:00—4:00pm

# June 2019

Mon	Tue	Wed	Thu	Fri
<p>17 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>18 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>19 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>20 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>21 Reading Friends £3 10.00 - 11:00am</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>24 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>25 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Painting for Fun 2 £3 2.00 - 3.30pm</p>	<p>26 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>27 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p>	<p>28 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>

# July 2019

Updated on 24.06.19



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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>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>2 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p> <p>Art at the Weald and Downland Museum 2.00 - 3.30pm - enquiries at reception</p>	<p>3 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>4 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>5 Reading Friends £3 10.00 - 11:00am</p> <p><b>Theme: Art</b></p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>8 Hairdressing - call 01243 888691</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>9 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Chatter Table 10.30am - 12noon</p>	<p>10 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>11 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>12 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>

# July 2019

Mon	Tue	Wed	Thu	Fri
<p>15 Hairdressing - call 01243 888691</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>16 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>17 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>18 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>19 Reading Friends £3 10.00 - 11:00am <b>Theme: Hobbies &amp; Pastimes</b></p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>22 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>23 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>24 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>25 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>26 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>29 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>30 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun 2 £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>31 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>		

# August 2019

Updated on 14.06.19



## The Sage House Activities & Events Calendar

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Mon	Tue	Wed	Thu	Fri
			1 Chatter Table 10.00 - 11.30am  Chairobics £4.50 11:00am - 12:00noon  Tea at Tangmere £3 2.30 - 4.00pm	2 Singing for the Soul £3 2:00—4:00pm
5 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph £2 10:30 - 12noon  Percussion Workshop £4.50 2:00 - 3:00pm	6 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Tai Chi £4.50 2:00 - 3:00pm  Chatter Table 10.30am - 12noon	7 Hairdressing - call 01243 888691  Watercolour Painting £3 10.30am - 12noon	8 Chatter Table 10.00 - 11.30am  Art Therapy Workshop £4.50 10:30am - 12:00pm  Tea at Tangmere £3 2.30 - 4.00pm	9 British Forces Veterans £3 <b>Special Talk</b> 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm

# August 2019

Mon	Tue	Wed	Thu	Fri
<p>12 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>13 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>14 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>15 Chatter Table 10.00 - 11.30am</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>16</p>
<p>19 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>20 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>21 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>22 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>23 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>26 BANK HOLIDAY</p>	<p>27 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun 2 £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>28 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>29 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>30 Singing for the Soul £3 2:00—4:00pm</p>



# September 2019

Updated on



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Mon	Tue	Wed	Thu	Fri
<p>2 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>3 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>4 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>5 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>6 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>9 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>10 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>11 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>12 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>13 Singing for the Soul £3 2:00—4:00pm</p>

# September 2019

Mon	Tue	Wed	Thu	Fri
<p>16 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>17 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>18 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>19 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>20 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>23 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>24 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun 2 £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>25 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>26 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>27 Singing for the Soul £3 2:00—4:00pm</p>
<p>30 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>				

# October 2019

Updated on



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Mon	Tue	Wed	Thu	Fri
	1 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Tai Chi £4.50 2:00 - 3:00pm  Chatter Table 10.30am - 12noon	2 Hairdressing - call 01243 888691  Watercolour Painting £3 10.30am - 12noon	3 Chatter Table 10.00 - 11.30am  Art Therapy Workshop £4.50 10:30am - 12:00pm  Tea at Tangmere £3 2.30 - 4.00pm	4 British Forces Veterans £3 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm  Singing for the Soul £3 2:00—4:00pm
7 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph £2 10:30 - 12noon  Percussion Workshop £4.50 2:00 - 3:00pm	8 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Painting for Fun £3 2:00 - 3:30pm  Chatter Table 10.30am - 12noon	9 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 1.00pm  Carers Support Tangmere Group 10.30am - 12noon	10 Chatter Table 10.00 - 11.30am  Tea at Tangmere £3 2.30 - 4.00pm	11 Chatter Table 10.30 - 12.00pm  Singing for the Soul £3 2:00—4:00pm

# October 2019

Mon	Tue	Wed	Thu	Fri
<p>14 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>15 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>16 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>17 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>18 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>21 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>22 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun 2 £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>23 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>24 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>25</p>
<p>28 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>29 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>30 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>31 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	

# November 2019

Updated on



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Mon	Tue	Wed	Thu	Fri
				1 British Forces Veterans <b>£3</b> 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm
4 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph <b>£2</b> 10:30 - 12noon  Percussion Workshop <b>£4.50</b> 2:00 - 3:00pm	5 Hairdressing - call 01243 888691  Move2Music <b>£4.50</b> 10.30am - 11.30am  Painting for Fun <b>£3</b> 2:00 - 3:30pm  Chatter Table 10.30am - 12noon	6 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 1.00pm	7 Chatter Table 10.00 - 11.30am  Tea at Tangmere <b>£3</b> 2.30 - 4.00pm	8 Singing for the Soul <b>£3</b> 2:00—4:00pm

# November 2019

Mon	Tue	Wed	Thu	Fri
<p>11 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>12 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>13 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p> <p>Carers Support Tangmere Group 10.30am - 12noon</p>	<p>14 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>15 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>
<p>18 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>19 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun 2 £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>20 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>21 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>22 Singing for the Soul £3 2:00—4:00pm</p>
<p>25 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>26 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Tai Chi £4.50 2:00 - 3:00pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>27 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>28 Chatter Table 10.00 - 11.30am</p> <p>Art Therapy Workshop £4.50 10:30am - 12:00pm</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>29 British Forces Veterans £3 10.30am - 12noon</p> <p>Solicitor Clinic 11.30am - 2.30pm</p> <p>Singing for the Soul £3 2:00—4:00pm</p>

# December 2019

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2 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph £2 10:30 - 12noon  Percussion Workshop £4.50 2:00 - 3:00pm	3 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Painting for Fun 2 £3 2:00 - 3:30pm  Chatter Table 10.30am - 12noon	4 Hairdressing - call 01243 888691  Solicitor Clinic 10.00am - 1.00pm	5 Chatter Table 10.00 - 11.30am  Tea at Tangmere £3 2.30 - 4.00pm	6 Singing for the Soul £3 2:00—4:00pm
9 Hairdressing - call 01243 888691  Chatter Table 10.00 - 11.30am  Oomph £2 10:30 - 12noon  Percussion Workshop £4.50 2:00 - 3:00pm	10 Hairdressing - call 01243 888691  Move2Music £4.50 10.30am - 11.30am  Tai Chi £4.50 2:00 - 3:00pm  Chatter Table 10.30am - 12noon	11 Hairdressing - call 01243 888691  Carers Support Tangmere Group 10.30am - 12noon  Watercolour Painting £3 10.30am - 12noon	12 Chatter Table 10.00 - 11.30am  Art Therapy Workshop £4.50 10:30am - 12:00pm  Tea at Tangmere £3 2.30 - 4.00pm	13 British Forces Veterans £3 10.30am - 12noon  Solicitor Clinic 11.30am - 2.30pm  Singing for the Soul £3 2:00—4:00pm

# December 2019

Mon	Tue	Wed	Thu	Fri
<p>16 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>17 Hairdressing - call 01243 888691</p> <p>Move2Music £4.50 10.30am - 11.30am</p> <p>Painting for Fun 2 £3 2:00 - 3:30pm</p> <p>Chatter Table 10.30am - 12noon</p>	<p>18 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>19 Chatter Table 10.00 - 11.30am</p> <p>Tea at Tangmere £2.50 2.30 - 4.00pm</p>	<p>20 Singing for the Soul £3 2:00—4:00pm</p>
<p>23 Hairdressing - call 01243 888691</p> <p>Chatter Table 10.00 - 11.30am</p> <p>Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</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>			