

September 2019

Updated on 02.09.19



The Sage House Activities & Events Calendar

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

Please note the Activities & Events Calendar is subject to change please check at reception for the most up to date version

Call us on 01243 888691 or email: info@dementia-support.org.uk

Chatter Tables are available everyday 10:30am - 12:00noon

Mon	Tue	Wed	Thu	Fri
<p>2 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>4 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>5 Hairdressing - call 01243 888691</p> <p>Art 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 at Sage... £3 2:00—3:30pm (Animal Kingdom Theme)</p>
<p>9 Oomph £2 10:30 - 12noon</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>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 Hairdressing - call 01243 888691</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>13 Reading Friends £3 10.00 - 11:00am (Theme: William Blake - life, times & work)</p> <p>Singing at Sage... £3 2:00—3:30pm (English Weather Theme)</p>

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Mon	Tue	Wed	Thu	Fri
<p>16 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>18 Hairdressing - call 01243 888691</p> <p>Watercolour Painting £3 10.30am - 12noon</p>	<p>19 Hairdressing - call 01243 888691</p> <p>Art 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 at Sage... £3 2:00—3:30pm (Night at the Movies Theme)</p>
<p>23 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>25 Hairdressing - call 01243 888691</p> <p>Solicitor Clinic 10.00am - 1.00pm</p>	<p>26 Hairdressing - call 01243 888691</p> <p>Chairobics £4.50 11:00am - 12:00noon</p> <p>Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>27 Reading Friends £3 10.00 - 11:00am (Theme: History of Tangmere and the surrounding area)</p> <p>Singing at Sage... £3 2:00—3:30pm (Goodnight Sweetheart Theme)</p>
<p>30 Oomph £2 10:30 - 12noon</p> <p>Percussion Workshop £4.50 2:00 - 3:00pm</p>				

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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	2 Hairdressing - call 01243 888691 Watercolour Painting £3 10.30am - 12noon	3 Hairdressing - call 01243 888691 Art 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 at Sage... £3 2:00—3:30pm
7 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	9 Hairdressing - call 01243 888691 Solicitor Clinic 10.00am - 1.00pm Carers Support Tangmere Group 10.30am - 12noon	10 Hairdressing - call 01243 888691 Chairobics £4.50 11:00am - 12:00noon Tea at Tangmere £3 2.30 - 4.00pm	11 Reading Friends £3 10.00 - 11:00am (Theme: Autumn) Singing at Sage... £3 2:00—3:30pm

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Mon	Tue	Wed	Thu	Fri
<p>14 Oomph £2 10:30 - 12noon Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>15 Hairdressing - call 01243 888691 Move2Music £4.50 10.30am - 11.30am Tai Chi £4.50 2:00 - 3:00pm</p>	<p>16 Hairdressing - call 01243 888691 Watercolour Painting £3 10.30am - 12noon</p>	<p>17 Hairdressing - call 01243 888691 Art Workshop £4.50 10:30am - 12:00pm Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>18 British Forces Veterans £3 10.30am - 12noon Solicitor Clinic 11.30am - 2.30pm Singing at Sage... £3 2:00—3:30pm</p>
<p>21 Oomph £2 10:30 - 12noon Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>22 Hairdressing - call 01243 888691 Move2Music £4.50 10.30am - 11.30am Painting for Fun 2 £3 2:00 - 3:30pm</p>	<p>23 Hairdressing - call 01243 888691 Solicitor Clinic 10.00am - 1.00pm</p>	<p>24 Hairdressing - call 01243 888691 Chairobics £4.50 11:00am - 12:00noon Tea at Tangmere £3 2.30 - 4.00pm</p>	<p>25 Reading Friends £3 10.00 - 11:00am (Theme: The World of Work) Singing at Sage... £3 2:00—4:00pm Live Music from Vintage Candy!</p>
<p>28 Oomph £2 10:30 - 12noon Percussion Workshop £4.50 2:00 - 3:00pm</p>	<p>29 Hairdressing - call 01243 888691 Move2Music £4.50 10.30am - 11.30am Tai Chi £4.50 2:00 - 3:00pm</p>	<p>30 Hairdressing - call 01243 888691 Watercolour Painting £3 10.30am - 12noon</p>	<p>31 Hairdressing - call 01243 888691 Art Workshop £4.50 10:30am - 12:00pm Tea at Tangmere £3 2.30 - 4.00pm</p>	