



ROMDAG

Romsey Dementia Action Group

Dementia Diary

Day	Dates	Activity	Location	Cost	Contact
Monday	Every 1 st & 3 rd Monday of the month 10:30-12:00	Memory walk – join us for a walk around places of interest in Romsey followed by hot drinks & biscuits	Marie Louise House, Newton Lane, Romsey (car parking available at rear)	Free	Marianne Piggin 07899 664209 admin@romdag.co.uk 
Tuesday	Every 1 st Tuesday of the month 11:00-12:00	Exercise class (& stay for lunch) – light & comfortable exercises by our trained personal trainer, Eileen Munday. First session free.	Royal British Legion, Romsey, Love Lane, SO51 8DE	£3	Eileen Munday 07879 695894 
Wednesday	Every 2 nd & 4 th Wednesday of the month 10:30-12:00	Music group – Run by the Alzheimer's Society & Andrew Knight. Music to unlock memories.	Crosfield Hall, Broadwater Road, Romsey SO51 8GL	Free	Alzheimer's Society 02380 610159 
Wednesday	Every 1 st & 3 rd Wednesday of the month 14:00-15:00	Table tennis – Join in with some table tennis, mixed abilities, all welcome.	United Reformed Church, 1 Abbey Water, Romsey, SO51 8EJ	£1	Alan Green 01794 518032
Thursday	Every 1 st Thursday of the month 10:30-12:30	Puzzle & games – Come along to the pub for different games & puzzles and an opportunity to chat	The Phoenix Bar & Eatery, The Hundred, Romsey, SO51 8BW	Free	Ian Bradford 01794 341200 ibgreenview84@gmail.com
Thursday	Every Thursday 09:45-11:00	Memory Walk – join us for a walk around places of interest in North Baddesley & tea & cake at the T Cup Cafe	Sports Pavilion, Sandy Lane, North Baddesley, SO52 9EA	Free	Marianne Piggin 07899 664209 admin@romdag.co.uk 
Friday	Every 1 st Friday of the month 10:30-12:30	Arts & crafts drop-in – come & get involved in some arts & crafts run by Greenbuttercup CIC. First session free.	Green Room, Plaza Theatre, Romsey, SO51 8JA	£3	Pamela Eastwood 01794 501605 pamela@shadow26.plus.com 

Save the date:

Demfest 2017 is our annual event of music, activities & information for all ages aimed at promoting awareness & understanding of dementia
Date: 10th September 2017 **Time:** 11:00-16:00
Venue: Sir Harold Hillier Gardens, Romsey

Dementia Friends Information

Sessions:

For your free & interactive dementia friends session contact Amanda/Adele: 01794 513125, Abbey Office, Romsey Abbey Church, The Abbey, Romsey, SO51 8EP

Contact details: www.romdag.co.uk | admin@romdag.co.uk
[@RomseyDAG](https://www.facebook.com/Romdag/) | www.facebook.com/Romdag/

