



## Sunflower News November 2021

### Memory Café



Memory Café has resumed! An opportunity for carers and cared for to meet others with similar life experiences. Please join Sally on Wednesday 10<sup>th</sup> November in the upstairs dining room in the main centre, from 10.30 am, for refreshments and good conversation.

Katherine, one of our local Social Prescribers will be available to chat to. If you would like to stay for lunch, please book at reception on your way in, two courses for £7.50.

### Chair Yoga

Is on Monday mornings, 10.30am – 11.30am. at Age Concern Sandwich, £6 per class. Join Lorraine as you learn techniques to help breathing and relaxation.

### Group Singing Sessions

If you enjoy singing come along and join Charlie and Music 4 Wellbeing for some group singing, in the upstairs dining room at Age Concern Sandwich. The November dates are 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>, from 10am to enjoy some refreshments to lubricate your voices before you sing.

