

## Activities Timetable

Day	Time	Type	Activity	Location
Monday (excluding Bank Holidays)	10am - 1pm		Brigstock Road Community Hub	Scratchley Hall, 81 Brigstock Road, CR7 7JH, email communityhub@arccltd.com for details
	2pm - 3pm		The Reader: Shared Reading Group	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Tuesday	10:30am-12:30pm		Memory Tree Café: for those with a diagnosis of dementia, and their carers (South Croydon)	Call 020 8686 0066 or email memorytreecafe@ageukcroydon.org.uk for details
	11am - 1pm		Love to Knit & Crochet	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	2pm - 4pm		Tech Support Drop-in	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Wednesday	10:15am - 11:15am		The Reader: Shared reading group (online)	Please email to register: healthierlifestyles@ageukcroydon.org.uk
	1:30pm - 3:30pm		Memory Tree Café: for those with a diagnosis of dementia, and their carers (Thornton Heath)	Call 020 8686 0066 or email memorytreecafe@ageukcroydon.org.uk for details
Thursday	No Activities		Please See Exercise Schedule	
Friday	10:30am - 1pm		Gardening	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	11am - 1pm		Games & Chat	Scratchley Hall, 81 Brigstock Road, CR7 7JH
	2pm - 3:30pm Weekly		You Too Can Sing! Choir (Term Time Only)	Scratchley Hall, 81 Brigstock Road, CR7 7JH
Saturday	1st Saturday of the month- 11am to 1pm 3rd Saturday of the month- 1:30pm to 3:30pm		Memory Tree Café: for those with a diagnosis of dementia, and their carers (East Croydon)	Call 020 8686 0066 or email memorytreecafe@ageukcroydon.org.uk for details