

# Activity Group

Maintaining an active social life is the key to remaining healthier and more motivated. Come and join us for coffee, chat and fun. We offer a structured programme of activities for people with memory loss and their carers.

**Mondays, 10.00am to 11.30am**

St Swithun`s Church

105 Waverley Rd, Southsea, PO5 2PL

**Please call Remind on**

**033 0332 4030**