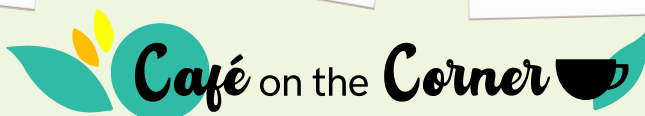


Memory and Movement

Fridays 10.30am - 12.15pm

For anyone who would like support with
their memory challenges



Supported by:



St Paul's Church, Boundary Road, NG2 7DB



Winter/ Spring 2026

January 9th: New Year traditions is the topic for this morning, of course! We look forward to seeing everyone after the Christmas break.

January 15th: Pantomime trip - everyone welcome. See Layla for more details.

January 16th: Following on from our Panto trip, we will be exploring different panto themes... (Oh no we won't!)

January 23rd: Join us as we explore Winter and all its wonders.

January 30th: Wendy will be leading the group through a wintry meditation this morning.

February 6th: We will be exploring life under the sea with Lydia and gain a little insight in to Layla's trip 'down under' this morning.

February 13th: Castles, bloody battles and some reminiscing of our favourite trips.

February 20th: Travel, explorers and adventurers is the theme for this morning.

February 27th: Wendy will be exploring Shrove Tuesday traditions this morning, through meditation!

March 6th: A trip out is on the cards. More details to follow... (Ooh, a mystery!)

March 13th: The Joyful Jukebox will be joining us! Join Helen and Linda for a wonderful morning of music, singing and a bit of a boogie.

March 20th: Another trip out is in the planning. Let's hope for sunshine! More details to follow.

March 27th: Wendy will be exploring birthday traditions with a gentle meditation this morning.

April 3rd: *No session today.*

April 10th: Food from the British Isles. We can promise a little taste testing this morning!

April 17th: Victorian era and all its glory is the theme for today. Maybe Lydia will be coming in fancy dress?

April 24th: Spring meditation with Wendy. New life will be springing up around us! Let's celebrate with a relaxing, mindful meditation session.

May 1st: Theme to be confirmed. A Spring surprise perhaps?!

Get in touch: st.paulschurchcommunity@outlook.com