

Events Calendar

July 2018

5th



11:00 – 12:00 Moving Gently Together

Excellent opportunity for anyone in the Third Youth to get together for this session of relaxation and movement whilst socialising and enjoying company of others. **TAKING PLACE EVERY THURSDAY.** *Fee: £4.20*

12th, 19th & 26th

6th



10:00 – 12:00 The Remembering Tree Café

Session for people affected by memory loss and their carers. Offering: safe and engaging place, activities, conversations, sharing of experiences and enjoying tea, cake and company. **FORTNIGHTLY ON FRIDAYS.**

Fee: £7.50 (one fee for both participants)

20th

2nd



14:00 – 15:30 The Boys' Own Zone

Excellent sessions for mature gentlemen to get together, to discuss life, worlds' affairs, enjoy a game, a quiz or model making, plan a trip. Options are limitless. **FORTNIGHTLY ON MONDAYS!**

Fee: £2.00 / session

16th & 30th

"My Time"

3rd

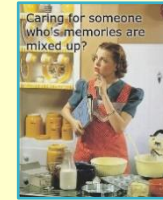


10:00 – 12:00 The Carers Support Group

For anyone who supports another person with their daily life. Open sessions: chat, good company, advice, information and coffee & cake. All in a relaxed atmosphere. **EVERY 1st TUESDAY** of each month!

Fee: donations only

4th



13:30 – 15:00 The STEP AHEAD Group

Really friendly group for carers of people with memory problems. Always opened to anyone who wants to share their experience, build friendships and learn of each other. **EVERY 1st WEDNESDAY** of the month.

12th



14:00 – 16:00 The Knit and Knatter Club

For anyone who likes knitting, crocheting, sewing or embroidering, as well as spending quality time with others.

EVERY 2nd THURSDAY of each month.

Fee: donations for tea and biscuits

14th



10:00 – 13:00 Weekend Friends Social

Group Excellent opportunity for people with learning disabilities to get together, enjoy creative activities, socialise as well as prepare and eat lunch together. **EVERY 2nd SATURDAY.**

Fee: £6 / Session

28th

3rd



13:30 – 15:00 The "Brain Ticking" Group

New and excellent opportunity to get together with others, enjoy different board games, crosswords and many other options for cognitive stimulation. Making new friendships and keeping the brain ticking! **FORTNIGHTLY ON TUESDAYS!**

Fee: £3.00 / session

17th & 31st

12th



13:30 – 15:30 Art Class – Beginners Drawing and Painting

– This is run by our friend Jane, a qualified art teacher. You can join at any time as each session will offer different learning experience. Call us today to book your place.

Fee: £8.00

Other news!

Claire Louise
Fitness Instructor
Aerobic Classes and One:Ones
07966874188



Dance Fit – Twice Weekly

Monday Evening

6 -7pm

Thursday Evening - 6-7pm

Call Claire on 07966874188

Yoga – Twice Weekly

Tuesday Evening 6:30 – 7:30pm

Wednesday Beginners Yoga

6:15 – 7:15pm

Call Sue on 07525173257

Please call us for further information



GET IN TOUCH

Visit us: [Heddington Drive, Blandford, DT11 7TP](https://www.tricuro.co.uk)

Call us: **01258 480 762.**

Email: Dorset.BlandfordDayCentre@tricuro.co.uk

Visit our website: www.tricuro.co.uk

Follow us on Facebook:

[Tricuro Blandford Community Centre](https://www.facebook.com/tricuro)

Blandford Community Centre

Heddington Drive
Blandford Forum DT11 7TP

Events Calendar

Blandford Connect

MONTHLY RAFFLE!
Only £1 a strip!

The Connect Café

Tricuro

at the Blandford Community Centre



improving lives, building independence

July
2018