



DEMENTIA FRIENDLY

Brentwood Tea Dance

Includes free Tea, Coffee and Cake.
Free entry to 1 carer per paying attendee.

Every 1st and 3rd Tuesday

**Starts 2:00pm - Ends 4:00pm
at the Nightingale Centre**

Pastoral Way, Warley, Brentwood CM14 5GB

7th & 21st January

4th & 18th February

3rd & 17th March

7th & 21st April

Ticket only £4

Sitting Yoga

Every 2nd and 4th Tuesday

**Starts 2:00pm - Ends 3:00pm
at the Brentwood Centre**

Doddinghurst Road, Brentwood CM15 9NN

14th & 28th Jan

11th & 25th Feb

10th, 24th & 31st March

14th & 28th April

Ticket only £3

For more information call the Brentwood Centre
on **01277 215151**
or visit **Brentwood-centre.co.uk**

**Brentwood Leisure Trust**



ACTIVE AGEING WELLBEING PROGRAMME

• **Chat 1st**

... dementia friendly



With Tea Dances, Sitting Yoga, Boccia and Community Gardening the programme promises something for everyone.

ACTIVE AGEING ACTIVITY PROGRAMME:

Monday 2-3pm:

**Multi-Sports inc. Boccia (Bowls) & Racquets
£3, Sports Hall**

Tuesday 2-3pm:

14th & 28th January, 11th & 25th February
10th, 24th & 31st March, 14th & 28th April
Sitting Yoga, £3, Holistic Hub

Tuesday 2-3pm:

7th & 21st January, 4th & 18th February, 3rd & 17th March,
7th & 21st April
Tea Dance, £4, Nightingale Centre

Thursday 2-4pm:

Chat Cafe, BLT Cafe

Friday 10am-12pm:

Community Garden, FREE

**Find Out
More:**

#BLTChat1st

Reception: Ask for the Chat 1st team

Online: www.brentwood-centre.co.uk/wellbeing

Email: Chat1st@brentwoodleisure.co.uk

Tel: 01277 215151

Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN