

What's On?

Living Well Day at Crawley Library Tuesday 8 September 10.30am – 3pm

Join in with a range of activities, including:

- Musical bingo
- Seated exercise
- Board games
- Local history session
- Hand massages
- Become a 'Dementia Friend'
- Scrapbook making
- Decorate a 'Twiddlemuff'
- Adult colouring
- Introduction to ancestry
- Jigsaw puzzles
- Reminiscence session
- Toddler time
- Knit & natter
- Manicures

Alzheimer's Society
Leading the fight against dementia

crawley wellbeing

West Sussex
ageUK

Thomas
Eggar

Dementia
Friendly
Crawley

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