



Age Connects Torfaen is the operating title of Age Concern Torfaen

Independent • Local • Listening

'Zest for Life' Young Onset Dementia Service February 2020 Workshops

For More information please call Janet Bloor on
01495 769264



Mondays

03rd 12pm-1pm- Collage animals
1pm-1:45pm- Lunch
1:45pm-2:45pm- Watercolour painting
2:45pm-3pm- Gentle exercise and relaxation

10th 12pm-1pm- Weaving landscapes
1pm-1:45pm- Lunch
1:45pm-2:45pm- Make your own bird feeder
2:45pm-3pm- Creative journals

17th 12pm-1pm- Photo scrapbooks
1pm-1:45pm- Lunch
1:45pm-2:45pm- Digital storytelling
2:45pm-3pm- Relaxation

24th 12pm-1pm- Zentangle landscapes
1pm-1:45pm- Lunch
1:45pm-2:45pm- Creative journals
2:45pm-3pm- Make up and nails with Jamie

Wednesdays

05th 10am-11am- Needle felted owls
11am-12pm- Digital storytelling
12pm-1pm- Lunch
1pm-2pm- '**Zest Stars**' singing

12th 10am-11am- Zumba exercise
11am-12pm- Crepe paper flowers
12pm-1pm- Lunch
1pm-2pm- '**Zest Stars**' singing

19th 10am-12pm- Cinema Club
12pm-1pm- Lunch
1pm-2pm- '**Zest Stars**' singing

26th 10am-11am- Trip to the reservoir
11am-12pm- Relaxation
12pm-1pm- Lunch
1pm-2pm- '**Zest Stars**' singing

Fridays

07th 1pm-3pm Drop-in session at Widdershins

14th 1pm-3pm- Nesting boxes for Bees workshop with Growing Together

21st 1pm-3pm- Wood workshop and carers support group with Dementia Life Coach.

28th 1pm-3pm- Nesting boxes for Bees workshop with Growing Together

Drop-in sessions for individuals and their carers. Activities available- outdoor games, walks along the canal, singalongs, indoor games and quizzes. There is also a Craft Corner for arts, crafts and woodwork all whilst enjoying a beverage where you can socialise with other people and learn new skills.