

# HAPPY DAYS



**Fantastic, fun & FREE!**

Join us every Thursday  
starting on the

**15th September for 6 weeks!**



Join us at these fantastic events delivered by the Hertfordshire SMILE Team. The 6 events have been carefully designed to promote engagement and meaningful activities that are personalised, energetic, educational and fun!

**Book one, two or even all six sessions completely free!**

15th Sep: Explore cultures from all around the world

22nd Sep: Discover exciting seasonal gardening activities

29th Sep: Energise your day by using motivational movement

6th Oct: Reminisce about the past with new friends

13th Oct: Try your hand at creative ceramic painting

20th Oct: Learn exciting cake decorating techniques

**Thursday 10:30—12:30**

**Allum Hall Borehamwood**

**WD6 3PJ**

**Book today!**

**Call Deborah Bunce**

**0208 905 1158**



Crossroads are a care provider for Carers and their families and as such all sessions are dementia friendly

**Transport available**