

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**

