

DAA Dementia Action Alliance

Forest of Dean District



HAPPY ★ NEW ★ YEAR

Weekly	JANUARY – Dates for your Diary		
Monday	10.30 Silver Steps Gentle Exercise Group	Woolaston Memorial Hall GL15 6SU	
	10.30 Seated Exercise Class	Goode Court Lydney GL15 5JP	
	10.30 Gentle Walk with FOD Walking for Health	Parkend. Meet Dean Forest Cycles GL15 4HG	
	10.30 Gentle Walk with FOD Walking for Health	Cinderford. Meet Foxes Bridge Centre GL14 2LJ	
	11.00 Coffee Morning with Board Games	Lydney Community Centre GL15 5AW	
	11.00 – 1.00 Knit & Natter	Salvation Army Hub Broadwell GL16 7BX	
	1.30 Social Support Group Crossroads Care	Cinderford Foxes Bridge Centre GL14 2LJ	
	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ	
Tuesday	10.30 Gentle Walk with FOD Walking for Health	Mitcheldean. Meet Well Wisher Café GL17 0SL	
	2nd 3rd & 4th 10.30 – 11.30 Active Balance Class	Latchen Rooms Longhope Village Hall	
	10.30 – 1.30 Positive Caring Sessions	Bel Vue Centre Cinderford	
	2.00 Gentle Walk with FOD Walking for Health	St Briavels. Meet Assembly Rooms GL15 6TG	
	2.30 Bingo	Goode Court Lydney GL15 5JP	
	Wednesday	10.00 Gentle Walk with FOD Walking for Health	Hartbury. Meet Village Hall GL19 3DT
		10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ
		10.30 Gentle Walk with FOD Walking for Health	Coleford. Meet The Main Place GL16 8RH
10.30 Gentle Walk with FOD Walking for Health		Yorkley. Meet Community Centre GL15 4RS	
10.30 Gentle Walk with FOD Walking for Health		Huntley. Meet Huntley Cricket Club GL19 3DT	
10.30 Indoor Bowling		Goode Court Lydney GL15 5JP	
Thursday	10.00 Gentle Walk with FOD Walking for Health	Newent. Meet Chill Out Zone GL18 1AJ	
	10.00 – 2.00 Community Get-together	Coleford. Sixteen Community Café GL16 8BA	
	10.00 – 3.00 Active Living Crossroads Care	Foxes Bridge Centre Cinderford GL14 2LJ	
	10.00 Gentle Walk with FOD Walking for Health	Sedbury. Meet Sheila's Shop NP16 7AA	
	10.15 Gentle Walk with FOD Walking for Health	Lydney. Meet Bathurst Park Car Park GL15 5HG	
	2.00 – 4.00 WMG Woolaston Memory Group	Woolaston Methodist Hall GL15 6NT	
Friday	2.00 Gentle Walk with FOD Walking for Health	Blakeney. Meet Village Hall NR25 7PG	
	10.00 Gentle Walk with FOD Walking for Health	Bream. Meet West Dean Centre GL15 6JW	
1st & 3rd	10.00 Gentle Walk with FOD Walking for Health	Heywood. Meet Leisure Centre Car Park GL14 2AF	

Wed 3 rd	2.00 – 3.30 Sedbury Memory Café	Sedbury Village Hall NP16 7AQ
Fri 5 th	10.30 – 12.30 DAA Steering Group Meeting	Coleford FODDC Offices GL16 8HG
Mon 8 th	2.30-4.00 All Seasons Memory Club	The Community Space St Mary's Church Lydney
Fri 12 th	10.30 Newent Memory Café	Sheppard House Newent GL18 1TL
	2.00 Afternoon Tea & Music Alzheimer's Society	Drybrook Forest Church Hall GL17 9LE
Mon 15 th	11.00 Singing for the Brain Alzheimer's Society	The Main Place Coleford GL16 8RH
Thur 18 th	9.30 'Know Your Patch' Growing Thriving Communities	Coleford The Main Place GL16 8RH
	10.30 Gentle Walk	Orchard Trust Upper Stowfield GL17 9PD
Fri 26 th	10.30 – 12.30 Lydney Memory Café	Lydney Community Centre GL15 5AT
Tue 30 th	10.30 FOD Memory Café Alzheimer's Society	Old Town Hall Lydney GL15 5DY