



Long Ashton Memory Café

Welcomes people living with memory loss and their carers. Please do drop in for refreshments, activities, information, music, access to holistic therapy and a chance to relax on the 4th Thursday of each month.

We will be in Long Ashton Café  next to the village hall 2.30-4.30pm.

email: lamemorycafe@gmail.com

Dates for 2019

April 25th

May 23rd

June 27th

July 25th

August 22nd

**September
26th**

October 24th

November 28th

**2.30-4.30pm
LA Café.**