

REACH OUT CAFÉ



Is a **FREE** neighbourhood gathering for older people within Rickmansworth and surrounding areas. People who attend will enjoy meeting up with old and new friends and participate in diverse activities that assure that they remain active, healthy and connected to the community while meeting their social needs. They will also enjoy a coffee, a chat and a bite to eat.

What Is Provided?

Refreshment: Tea, coffee, biscuits, cakes, scones

Activities: sitting exercise, dance, board games and social activities

Memory exercise: quizzes, puzzles



When Is The Café Open?

Starting on **Wednesday**,

18th September 2019

10:30 a.m. to 1:00 p.m.

(every Wednesday, Term time only)



How Much Does It Cost?

There is **no charge** for this service.



Where Is The Café Held?

Cloisters Hall

The Cloisters
Rickmansworth
WD3 1HL

For further information, please contact:

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