

Movement for Memory

Our Tai Chi sessions promote focus and serenity through gentle movements connecting the mind and body for those living with dementia and their carers.

Proven to have cognitive and physical health benefits for people living with dementia. Helping to improve your sense of balance, coordination and boost the immune system.

Sessions will be led by Mr Wu, who specialises in Tai Chi, Chi Kung and health exercises.

**Michael Sobell Jewish Community Centre
(Golders Green)**

Fortnightly on Mondays, 2.00-3.00pm

Suggested donation: £5 per person



To book please call 07810 121 214 or email communitydementia@jcare.org

Bookings

For booking or for more information about our Community Dementia Programmes please call 07810 121 214 or email communitydementia@jcare.org

JEWISH CARE

Community Dementia Programmes



JEWISH CARE

Charity Reg No. 802559

Memory Way Café

The Memory Way Café is a place for people living with dementia, together with their family carer to socialise and share experiences in an informal, relaxed setting.

At each Café an interesting speaker or activity is on offer for everyone to enjoy.

Michael Sobell Jewish Community Centre (Golders Green)

Monthly on Mondays, 2.00-3.30pm

Sandringham (Stanmore)

Monthly on Tuesdays, 2.00-3.30pm

Edgware Hendon Reform Synagogue

Monthly on Wednesdays, 2.00-4.00pm

Kingston Liberal Synagogue (Surrey)

Monthly on Thursdays, 2.30-4.00pm

Suggested donation: £5 per person



To book please call 07810 121 214 or email communitydementia@jcare.org

Singing for Memory

Singing for Memory is a weekly fun and engaging singing session providing a friendly and stimulating social environment, for those living with dementia, together with their carers.

This engaging activity builds on the preserved memory for song and music in the brain. Sessions are led by a professional singing leader skilled in music therapy.

Finchley Reform Synagogue

Weekly on Mondays, 11.00am-12.30pm

St Albans Masorti Synagogue

Weekly on Mondays, 2.00-3.30pm

Sandringham (Stanmore)

Weekly on Wednesdays, 2.00-3.30pm

Redbridge Jewish Community Centre, at Woodford Synagogue

Weekly on Wednesdays, 2.00-3.30pm

Suggested donation: £5 per person



To book please call 07810 121 214 or email communitydementia@jcare.org

Art for the Mind

Art for the Mind is a monthly therapeutic and engaging session designed to provide an overall sense of wellbeing for those living with dementia, together with their carers. Sessions are led by a professional art teacher.

Art has been proven to help boost self-esteem, reduce stress and anxiety, promote self-discovery and provide a sense of accomplishment to those living with dementia.

Michael Sobell Jewish Community Centre (Golders Green)

Monthly on Mondays, 11.00am-12.15pm

Suggested donation: £5 per person



To book please call 07810 121 214 or email communitydementia@jcare.org