DEMENTIA FRIENDLY ACTIVITIES CALENDAR V25-A Nov 2026

* (TMC) Heather Rayne 07436 008281 info@tavistockmemorycafe.co.uk
(TASS) www.tavistockareasupportservices.org.uk 01822 616958 Enquiries@tasstavistock.org.uk

TAVISTOCK DEMENTIA FRIENDLY GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Memory Café (TMC) Heather Rayne 07436 008281 info@tavistockmemorycafe.co.uk						2nd & 4th Sat 11-12.30/2-3.30 TASS *Booking required**
Care & Share (TMC) (TMC) Heather Rayne 07436 008281 info@tavistockmemorycafe.co.uk				3rd Thurs 10.30 – 2.30 Library *Booking required**		
Talking Memories (TMC)						1st Sat 11-12.30 Drop in Library
Catch a Cuppa Cafe	10.30am-12.30pm TASS café, Panier Market					
Care for a Cuppa (TMC) Ex carers group				2nd Thurs 2.30 – 4.00. Ring 07436 008281 to check. Bedford Hotel		
Singing with Brian Burley (TASS) www.tavistockareasupportservices.org.uk 01822 616958 Enquiries@tasstavistock.org.uk		2ndTues = 10-12 Cost inc refreshments and free raffle				

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TAVISTOCK DEMENTIA FRIENDLY GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Love to Sing (TASS) Upstairs lounge			4th Weds 2 – 3.30. £4			
Chair Yoga (TASS)	Weekly 10-11 TASS. £5					
Art for Fun (TASS)		Weekly 1.30 – 3.30 TASS				
Arts & Crafts (TASS)	1-3 TASS					
Music Club afternoons. Bring your own instrument or come along and learn to play a percussion instrument. (Enquiries or to book via TASS)	Weekly 2 - 3.30					
Various activities and groups at The Printworks, Tavistock. 01822 615259. info@printworkstavistock.org.uk						
Social Club (TASS Community Café, Pannier Market)		Weekly 10-12 Community Cafe				
Foot clinic (TASS) – by appointment only					Every Friday – 10 - 5 by appointment only	
Seniors club (TASS)		1st Tues of the month 1.30 – 3.30				
Tai Chi for wellbeing (Kathy McHugo) 07968 048877		Weekly 1-2pm United Reform Church.				
Love to Move (TASS)			1st and 3rd Weds 1.30 – 3.30			
Zumba Gold Liz 07484 157706 lizazenbury@gmail.com	Weekly 10-10.45 United Reform Church					

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Wellbeing Walks (Walk & Talk). Tom Mack - Active Devon 01392 925150 Tom.Mack@activedevon.org		Weekly 10.30 The Wharf Refreshments optional				
Love to exercise with Rosemary (TASS)			2nd Weds of the month 1.30 – 3.30		2nd and 4th Fri 1.30 – 3.30	
Gentle Dance Marie 01822 613925		2nd Tues 2-3.30 Whitchurch Village Hall				
Chair Exercise (TASS)					2nd and 4th Friday 9.45 - 11.30	
Qi Gong (TASS)			10.30 - 12			
Lunch Club (TASS) www.tavistockareasupportservices.org.uk Check posters for dates and menu options – booking only					2nd & 4th Friday, 2 course meal at TASS. 12.45 - 3 *Booking required**	
Moor Stitchers (sewing & knitting) (TASS)			10 - 1			
Sew with Sally (knitting/crochet). Tavistock Library				9.30 - 1		
Men in sheds 07725 577010 admin@tavistockmeninsheds.uk	10-12		2 - 4		10 - 12	
Tavistock Physio (at TASS) – by appointment only. Call 01822 616958	10 - 5 by appointment only					
Table Tennis (TASS)	Every Monday 7pm-9pm					
OTHER GROUPS	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Parkinsons Group (TASS) Movement and more		2nd Tues 10.45 – 12 £5				
Parkinsons Group (TASS) Coffee Morning					3rd Fri 10.30 – 12 £3	

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OTHER GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parkinsons Group (TASS) Support Group		Last Tues 10.30 – 12 £3				
Parkinsons Group (email: parkyattavi@gmail.com)				2nd Thurs The Wharf		
Stroke Group (TASS)				1st & 3rd Thurs 10-12		
Macular Society (TASS)				2nd Thurs 2.40 - 4		
Respiratory Group	11.30 – 12.30 Lower Deck, Tavi URC					
Diabetes Group		1st Tuesday 1-3, Tavi Library				
Cancer Peer Support Group (TASS)		2nd Tuesday TASS				
Fibromyalgia/long term pain/fatigue		1st Tues 11-12 Library				
Tech Café – help with IT ABC Services 69, West St, Tavi. Pop in for 30 mins hands on help with your device 9.30 - 4.00				3rd Thurs 9.30 - 4 ABC		
Sensory Outreach Service Hearing & sight loss (TASS)				4th Thurs 9.30 - 1		
Physically Challenged Group (TASS)		2nd Tues of month 1.30 – 3.30				
Veterans Breakfast & Banter Group (TASS)		1st & 3rd Tues 9.30-12				
Veterans Brew & Banter (TASS)						3rd Sat 10:30am-12:30pm

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OTHER GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friendship group (TASS)			4th Weds of the month 1.30 – 3.30			
Scale Down with Clem (weight Management)				7:15am – 12pm (chats at 8:30am, 10am & 11:30am)		
OUTSIDE TAVISTOCK	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Yelverton Lunch Club Yelvercare. Ann Davis 07775 695864			1st & 3rd Weds Yelverton			
Yelverton Friendship Café (Terry Donnelly 01822 613145)					1st & 3rd Friday 2 - 4 pm Briar Tor Community room	
Charleston Friendship Group Mandy 01822 855347 or Trish 01822 852163			2nd & 4th Weds Buckland Monochorum village hall			
Horrabridge – Love Thy Neighbour Pop up café https://www.facebook.com/horrabridgelyn/		Weekly 9-11.30 London Inn				
Horrabridge Grief Group				1st & 3rd Thurs 5.30 – 7.30 Village Hall		
Horrabridge Friendship Group			1st & 4th Weds 12-2 Village Hall			
Horrabridge weekly drop-in centre with lunch (TASS)				Village hall 10-12		
Okehampton Memory Café info@communitylinks-sw.co.uk		Every week 1-3 Pavillion in the Park				

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OUTSIDE TAVISTOCK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day Centre, Okehampton £25 including freshly cooked lunch and refreshments. Emma Cooper 07796 034749					Fairplace Church Fridays, 10am-4pm	
Milton Abbot weekly drop-in centre with lunch (TASS)		Village Hall 10-12				