

ACTIVITY FUN & GAMES!

Including : Dementia Friendly
Walking football· Badminton
Clock Cricket ·Table Tennis ·
Bowls · Board Games ·
Hungry Hippos.

Supported By: MKDONS SET
Coaches & Admiral Nurses



**SUITABLE FOR ALL
AGES &
CAPABILITIES**

Every Thursday
2pm – 3pm
Refreshments
provided.

£5 per session
CARER'S GO FREE

WHERE?

Brooklands
Community Sports
Pavilion, Countess
Way. MK10 7HN

CONTACT:

01908 252288



 **Admiral Nurses**
Dementia UK
Helping families face dementia

 **Milton Keynes**
City Council