

COMMUNITY COME DANCING

With music from the 1950s, 60s, 70s and more....

AT CHRIST CHURCH ROOMS, COCKERMOUTH

WEDNESDAYS, FORTNIGHTLY in term times

1.30 – 2.30 PM

SPRING TERM STARTS WEDNESDAY JAN 29th 2020

Then Feb 12th/26th, March 11th/25th

Summer term starts April 15th

Do you have fond memories of going dancing back in the 50s, 60s or 70s? Then why not try and recreate them by joining us for a fun hour of music and dance. You can be as energetic as you like, or alternatively just sit and soak up the sounds whilst tapping your feet.

Refreshments and chat served by
Year 5 children from
Fairfield primary School

£2 per session to cover refreshments
For more information phone
Gilli on 017687 73191
activity@dignityindementia.org

This is an intergenerational venture
designed and managed by Dignity in
Dementia and supported by Amy's Care
with funding from The National Lottery
Community Fund & the Cumberland Building Society.



All people from the local community are invited to join in. Help will be on hand for anyone who needs it.