

Wellbeing Wednesdays in Waltham Abbey

Activities every
Wednesday
between
11am – 4pm

Musical Memories

11am – 12pm | From 23 February

For adults to reconnect with nature using the most powerful memories through music!

Advance booking required.

£5.40 and free for carers/companions.

Community Café

12pm – 1.45pm | From 2 February

Enjoy some light refreshments, an opportunity to chat, meet new friends in a relaxed, warm and welcoming environment. Just turn up! Free.

Men's Shed

2pm – 4pm | From 26 January

For men of all ages to meet, socialise, and engage with a range of practical activities and interests. Advance booking recommended. Free.

There are no groups on 23 March (Men's Shed will still meet), 1 June and 24 August.

Please note all activities are dementia friendly.

Location

Epping Forest District
Museum

The Space (lift access to 1st floor)

39-41 Sun Street

Waltham Abbey

EN9 1EL

Book online: eppingforestdc.bookinglive.com

Book on the phone: 01992 564226

Email for further information:

For Musical Memories & Café - Icleverley@eppingforestdc.gov.uk

Men's Shed - communityhub@vaef.org.uk

