



**Everyone  
is welcome**  
we'd love to see  
you there!

# The Minds Together Cafe Timetable for 2026

**Goodinge Community Centre, London, N7 9GZ**  
**1-3pm**

|                                                                                                                                      |                                                                                                                                        |                                                                                                                                                  |                                                                                                                                      |
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| <br><b>Winter Warmers</b><br>15th January 2026     | <br><b>Hearts &amp; Connections</b><br>12th February | <br><b>Spring into Health</b><br>12th March                   | <br><b>New Beginnings</b><br>9th April 2026      |
| <br><b>Blossom &amp; Bloom</b><br>14th May 2026   | <br><b>Sunshine &amp; Smiles</b><br>11th June 2026  | <br><b>Creative Summer</b><br>9th July 2026                  | <br><b>Summer Wellbeing</b><br>13th August 2026 |
| <br><b>Golden Memories</b><br>17th September 2026 | <br><b>Autumn Reflections</b><br>15th October 2026  | <br><b>Remembrance &amp; Reflection</b><br>5th November 2026 | <br><b>Festive Cheer</b><br>3rd December 2026   |

**Each month there will be a professional led service leading  
an activity/ session for the residents including:**

Carers Hub, Pet Therapy, Kick Off with a Verse at Park Theatre, Arsenal health and well-being, Islington Parks, The Phoenix Garden, More Life, UCLH and many more!

For more information please search for Goodinge Community Centre on Facebook or visit [ageuk.org.uk/islington/activities-and-events/dementia-friendly-islington-activities](https://ageuk.org.uk/islington/activities-and-events/dementia-friendly-islington-activities)