



FRIDAY PING

Dementia Friendly Table Tennis

EVERY 2 WEEKS ON FRIDAYS:
Sep, Oct, Nov, Dec dates =>

15th Sep, 29th Sep, 13th Oct, 27th Oct,
10th Nov, 24th Nov, 8th Dec

All 11.30am to 1pm at the Bob Hope Academy, Nantwich.
Come along at any point after 11.30am.

To the rear of Elim Church, London Rd, Nantwich, CW5 6LW



Friday Ping is for those living with dementia, their loved ones, carers and family.

Table tennis is the perfect activity to keep you active and in good spirits.

If you have never played before or want to bring back memories from youth club days, please come and join us for a game and a cuppa.



Friday Ping is supported by Cheshire East Council and offered free of charge. Bats and balls are provided. Please wear flat soft soled shoes.

Our club has wheelchair access.

Run by qualified level 2 coach: Jan Johns

For further information, contact Jan Johns on 07884 310209, or e mail janjohns1956@outlook.com.

Directions: The Elim Church complex is quite large, comprising several buildings. To the rear of the church are several business units surrounding a car park. Our club is in the top right-hand corner of the car park, below a martial arts club. There is a club sign over the door.

CREWE CENTRAL TABLE TENNIS CLUB, BASED AT, THE BOB HOPE ACADEMY, NANTWICH
Website: crewecentraltabletennisclub.co.uk