



# FRIDAY PING

## Dementia Friendly Table Tennis

EVERY 2 WEEKS ON FRIDAYS:  
Sep - Dec dates =>

*13<sup>th</sup> Sep, 27<sup>th</sup> Sep, 11<sup>th</sup> Oct, 25<sup>th</sup> Oct,  
8<sup>th</sup> Nov, 22<sup>nd</sup> Nov, 6<sup>th</sup> Dec, 20<sup>th</sup> 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 coach: Jan Johns

For further information, contact Jan Johns on 07884 310209, or e mail [ianjohns1956@outlook.com](mailto:ianjohns1956@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](http://crewecentraltabletennisclub.co.uk)



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