Bournemouth & Poole:

M	**BSO Cake Concerts**	Lighthouse, Poole, BH15 1UG.	Regular dates	£5.50 session	01202 644717	bjennings@bsorchestra.co.uk	bsolive.com/bso-participate-events
D&M	**BSO Tea Dances**	Lighthouse, Poole, BH15 1UG.	Alternate Thursdays, 2-4pm	£5.50 session	01202 644717	bjennings@bsorchestra.co.uk	bsolive.com/bso-participate-events
F&P	**Dementia-Friendly Screenings**	Lighthouse, Poole, BH15 1UG.	4th Wed of month, 2pm	£5 screening	01202 280000	info@lighthousepoole.co.uk	lighthousepoole.co.uk
M	**"Singing for the Brain"**	St Mary's Longfleet Church, Poole, BH15 2LP.	2nd and 4th Mon of month, 2-3.30pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services
M	**Lunchtime organ recitals**	St Peter's Church, Bournemouth, BH21 2EE.	Wednesdays, 1.15-145pm	Free	01202 290986		stpetersbournemouth.org.uk
M	**Lunchtime recitals**	St Peter's Parkstone Church, Bournemouth, BH4 9DN.	Fridays, 1-1.30pm	Free	01202 749085		stpetersparkstone.org.uk/church
M	**Lunchtime recitals**	St Stephen's Church, Bournemouth, BH2 6JX.	Saturdays, 11am	Free	01202 290986		btcp.org.uk/who-we-are/st-stephens
M	**"Singing for the Brain"**	West Cliff Baptist Church Hall, Bournemouth, BH4 9DN.	2nd and 4th Fri of month, 1.30-3pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services

Christchurch:

R	**Reminiscence group**	Christchurch Library, Christchurch, BH23 1AW.	4th Tues of month, 10.30-11.30am	Free	01202 485938	christchurchlibrary@dorsetcc.gov.uk	dorsetforyou.gov.uk/christchurchlibrary
M	**Lunchtime organ concerts**	Christchurch Priory, Christchurch, BH23 1BX.	Thursdays, 12.30pm	Free	01202 485804	prioryhouse@christchurchpriory.org	christchurchpriory.org
M	**"Singing for the Brain"**	St Joseph's Parish Centre, Christchurch, BH23 1EH.	4th Wed of month, 2-3.30pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services

East Dorset:

O	**"Step Outside"**	Kingston Lacy, Wimborne, BH214EA.	1st and 3rd Tues of month, 2-3.30pm	Free	01202 764352	sarah.rampton@alzheimers.org.uk	
M	**"Melodies for Memories"**	Wareham United Reformed Church, Wareham, BH20 4HH.	3rd Friday of month, 10.30am-12noon	Free	07747 533252	natalie.betts@ageukbournemouth.org.uk	ageuk.org.uk/bournemouth/services--activities

North Dorset:

M	**"Singing for the Brain"**	Blandford United Reformed Church, Blandford, DT11 7PY.	Alternate Thursdays, 2-3.30pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services
M	**"Singing for the Brain"**	The Catholic Church Hall, Sherborne, DT9 3RA.	Alternate Thursdays, 10.30am-12noon	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services
O	**"The Countryman's Club"**	Future Roots Ryland's Farm, Sherborne, DT9 5PS.	Mondays to Fridays	£10 session	01963 210703	countrymen@futureroots.net	futureroots.net
M	**Lunchtime organ concerts**	Sherborne Abbey, Sherborne, DT9 3LQ.	Wednesdays, 1pm	Free	01935 812452		sherborneabbey.com
M	**Lunchtime concerts**	Sherborne School, Sherborne, DT3 3BJ.	Fridays, 1.30pm	Free	01935 810518		sherborne.org/co-curricular/music/music-events
M	**"Singing for the Brain"**	The Town Hall, Gillingham, SP8 4QR.	Wednesdays, 2-3.30pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services

Purbeck:

O	**Dementia-Friendly Strolls**	Durlston Country Park, Swanage, BH19 2JL.	Regular events - Website listed	Free	01929 424443	info@durlston.co.uk	durlston.co.uk
M	**"Melodies for Memories"**	Wareham United Reformed Church, Wareham, BH20 4HH.	3rd Friday of month, 10.30am-12noon	Free	07747 533252	natalie.betts@ageukbournemouth.org.uk	ageuk.org.uk/dorchester/services/dementia-support

West Dorset:

O	**"The Countryman's Club"**	Future Roots Whitfield, Dorchester, DT2 9SL.	Mondays to Fridays	£10 session	01305 251731	countrymen@futureroots.net	futureroots.net
M	**Beaminster "Sing On" Melodies for memories**	Abbeyfield House, Beaminster, DT8 3EQ.	Alternate Tuesdays, 10-11.45am	£3 session, Carers 50p	01305 269444	h.foggo@ageuk dorchester.org.uk	ageuk.org.uk/dorchester/activities-and-events
M	**"Singing for the Brain"**	Dorchester Community Church, Dorchester, DT1 1EF.	Alternate Thursdays, 10.30am-12noon	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/20172/your_support_services
O	**Dementia-Friendly walks**	Hardy's Birthplace Visitor Centre, DT2 8QH.	Bi-monthly	£3 session	01305 751507	c.platten@dorsetcc.gov.uk	dorsetforyou.com/hardys-birthplace
O	**"Discover Arne" walks**	RSPB Arne Nature Reserve, Wareham, BH20 5BJ.	Wednesdays, 10am-12.30pm	£3 session, £1 members	01929 553360	arne@rspb.org.uk	

Weymouth and Portland:

O	**"Discover Radipole" walks**	RSPB Radipole Lake Nature Reserve, Weymouth, Dt1 2AB.	1st Thurs, 10am-12.30pm	£3 session, £1 members	01305 778813	weymouth.reserves@rspb.org.uk	
O	**Wellbeing walks**	RSPB Radipole Lake Nature Reserve, Weymouth, Dt1 2AB.	3rd Thurs of month, 11am-12noon	Free	01305 778813	weymouth.reserves@rspb.org.uk	
M	**"Singing for the Brain"**	Salvation Army Hall, Weymouth, DT4 8NS.	Alternate Tuesdays, 2-3.30pm	£2 session	01202 764352	admindorset@alzheimers.org.uk	alzheimers.org.uk/info/2017/your_support_services
M	**Chickerell "Sing On" Melodies for memories**	Sports Pavilion, Chickerell, DT3 4AJ.	Alternate Thursdays, 10.30am-12noon	£3 session, Carers 50p	01305 269444	h.foggo@ageuk dorchester.org.uk	ageuk.org.uk/dorchester activities-and-events