# Whatever the Weather Wednesdays

Dementia-friendly sessions at Gairloch Museum

Free of charge | Accessible | All welcome

| Morning | Lunch | Afternoon |
|---|---|---|
| Reminiscence session | Buy in the cafe or bring a packed lunch | Games and time together |

## Every Wednesday, 10:30 am - 3:00 pm

| Date | Led by | Session |
|---|---|---|
| 27 May | Pat Gulliver | Textured Landscapes |
| 3 June | Katie Grant (HLH Rangers) | Moths or mindfulness |
| 10 June | Poppy (NatureScot) | Pines, woods and forest memories |
| 17 June | Museum team | Favourite hobbies |
| 24 June | Museum team | Walks, paths and days outdoors |
| July-August | | Summer break |
| 2 September | Poppy (NatureScot) | Beinn Eighe, September outdoors |
| 9 September | Rory Shannon (NTS) | Weather watching |
| 16 September | Matt Larsen-Daw (Mammal Society) | Mammals, tracks and Museum specimens |
| 23 September | Sally and Richard (Shop at the Pier) | Shops and shopping |
| 30 September | Lulu Stader (Overside Wool) | Favourite jumper day |

Come for the whole day or just the part that suits you. Carers, friends and family are welcome.

The Highland Council
Comhairle na Gàidhealtachd

Gairloch MUSEUM
Taigh-tasgaidh Ghèarrloch