



Tuesday 03/03/15

11.00 – 12.30

- Craft- Flower making session
- Lunch
- Tabletop games

Wednesday 04/03/15

- **11.30-12.30-** Chair Aerobics with 'Xtra Energy
- Massage Therapy Session
- Lunch
- Raffle

- **2.00-3.00 – Client group meeting**

Thursday 05/03/15

- **11.30-12.30 –** Prayer Meeting
- Talking Newspaper
- **Lunch**

Tuesday 10/03/15

11.00 – 12.30

- **Art Therapy**
- Lunch

Wednesday 11/03/15

- 11.30** Chair Aerobics with 'Xtra Energy
- Massage Therapy Session
 - Lunch
 - In House Bingo

Thursday 12/03/15

- Beacon Bingo Trip,
- Leaving WACA at 10.00A.M.,
- COST:£3.60 per Day Centre member with an additional £ for others.

Tuesday 17/03/15

11.00 – 12.30

- **Film Choice**
- Lunch

Wednesday 18/03/15

- 11.30** Chair Aerobics with 'Xtra Energy
- Massage Therapy Session
 - Lunch
 - Raffle
 - 2-3p.m.Musical Entertainment

Thursday 19/03/15

- **11.30-12.30 –** Prayer Meeting
- Talking Newspaper
- **Lunch**

Tuesday 24/03/15

11.00 – 12.30

- **Film Choice**
- Lunch

Wednesday 25/03/15

- **11.30-12.30-** Chair Aerobics with 'Xtra Energy
- Massage Therapy Session
- Lunch
- In House Bingo

Thursday 26/03/15

- .Lunch out. Destination to be arranged. Individual orders but assistance will be given. Transport £4.00, pick up from 10.30. Book early as spaces are limited.

Tuesday 31st/03/15

- 11.30-12.30
Easter Bun
Making
- Lunch
- Table top Games



At our Elderly Day care Centre at WACA we've included a series of activities for you to take part in.

They range from:

'Xtra Energy' Chair Aerobics
Prayer Meeting
Massage Therapy
Tabletop games
Shopping
Outings
Coffee Mornings
Organised Health walk
Health awareness presentations
Diabetic Support group
IT for beginners -The Silver Surfers Club
Flower Arranging
Trips to Beacon Bingo
Wkly Raffle

A small contribution is required towards each activities



Wellingborough African Caribbean Association

Rock Street Complex
27-29 Rock Street
Wellingborough
Northamptonshire
NN8 4LW
Phone: 01933 442 046
E-mail: s.harris-waca@btconnect.com
Website: www.wacacentre.com



**Welling borough African
Caribbean Association**
Providing Quality Care For The Counties

What's On at WACA Day Care March 2015



**Activities To Keep You
Vibrant In Your ...**

Golden Years